

HALIFAX metro®

NEWS
WORTH
SHARING.



'Put something in action' for protected area

Group: Turn Blue Mountain-Birch Cove Lakes into regional park **PAGE 3**

Hope Blooms finds room to keep growing

Community garden, salad dressing biz moving shop **PAGE 7**

'I am sorry', Moncton shooter tells court

Justin Bourque to be sentenced on Friday **PAGE 10**

LAYING IT ON THE LINE

MOOSEHEADS PAY TRIBUTE TO CPL. NATHAN CIRILLO, CANADA'S MILITARY IN OTTAWA **PAGE 27**



'Currently in crisis': Union

First responders.

Vice-president calls on health minister to make committee on PTSD compensation changes



HALEY
RYAN

haley.ryan@metronews.ca

The union representing first responders across the province is calling on Health Minister Leo Glavine to improve the system so those with Post-Traumatic Stress Disorder (PTSD) can better access Workers' Compensation and "get the proper treatment."

The Nova Scotia Government and General Employees Union said on Tuesday that Glavine should act on his promise to strike a legislative committee that would explore the best way to support first responders with PTSD and change how they receive Workers' Compensation.

Kelly Murphy, the union's second-vice president, said the current system doesn't work because it asks firefighters, po-

lice, paramedics, correctional officers or others with PTSD to claim compensation within a year of a specific incident.

"PTSD generally happens after many different incidents and its not ... one incident that gets there," Murphy said. "It develops over time."

In early October, NDP MLA and former health minister David Wilson introduced a bill that Murphy said would "streamline" the system for those with PTSD by making compensation automatic as soon as they were diagnosed so they could get the "proper treatment that they need."

When the bill did not pass second reading, Murphy said Glavine promised to set up a committee that would look into better supporting first responders but that has yet to go forward. Within the past six months, Murphy said, 24 first responders have committed suicide across the country and the mental health of those who see violence and traumatic situations daily is a "huge issue."

"They're currently in crisis so something needs to be done about that," Murphy said.



'OUR HEARTS ARE BROKEN': PM

Marcus Cirillo walks with his aunt Natasha as the body of Cpl. Nathan Cirillo is escorted through the streets toward his funeral service on Tuesday in Hamilton, Ont. Cpl. Cirillo, 24, a reservist with the Argyll and Sutherland Highlanders of Canada, was shot dead in Ottawa last Wednesday during an attack by an armed gunman at Parliament Hill. See coverage, pages 8 and 9. PETER POWER/THE CANADIAN PRESS



Actor portraying

Pursue a rewarding career in law and justice.

Complete a 2 year program in just 60 weeks.

Our Law and Justice programs prepare you to work in Corrections, Security, Policing and Paralegal.



Corrections and Policing | Paralegal Plus

successcollege.ca 902.865.8283

INTRODUCING SIGN AND DRIVE LEASING ON SELECT 2015 MODELS

SIGN & DRIVE LEASE

\$0 DOWN PAYMENT

\$0 FIRST MONTH'S PAYMENT

\$0 SECURITY DEPOSIT

\$0 DUE AT DELIVERY

2015 EQUINOX LS ALL WHEEL DRIVE

LEASE **\$163 @ 0.5%**

FOR 48 MONTHS*

BI-WEEKLY. INCLUDES FREIGHT, PDI & LEVIES.

FULLY LOADED WITHOUT UNLOADING YOUR WALLET

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH®
- TURBOCHARGED ECOTEC® ENGINE
- CRUISE CONTROL
- ONSTAR® NAVIGATION
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS SAFETY WITH 10 AIRBAGS

ALL 2014's AND 2015's COME WITH
CHEVROLET COMPLETE CARE:

2 YEARS/40,000 KM
COMPLIMENTARY
OIL CHANGES**

5 YEARS/160,000 KM
POWERTRAIN
WARRANTY▲

5 YEARS/160,000 KM
ROADSIDE
ASSISTANCE▲

INTRODUCING SIGN AND DRIVE
LEASING ON SELECT 2015'S

CHEVROLET
SIGN & DRIVE
LEASE

\$0 DOWN
PAYMENT

\$0 FIRST MONTH'S
PAYMENT

\$0 SECURITY
DEPOSIT

\$0 DUE AT
DELIVERY



636 Portland Street
Dartmouth, NS
Phone: 902.434.4100
Toll Free: 1.888.814.8882
www.steelechev.com

Steele



Pricey machinery

Help sought in finding \$40,000 hammer drill

Police in Halifax are asking for the public's help in recovering a piece of heavy machinery that was stolen from a downtown construction site last weekend.



HANDOUT

On Monday, Halifax Regional Police were called after workers at the construction site near the corner of Market and Sackville streets discovered that a hammer drill was missing.

The drill's approximate value is \$40,000.

Police are investigating, and anyone with information about the theft is asked to call police at 902-490-5016 or send an anonymous tip through Crime Stoppers.

HANDOUT

Three incidents

Cops seek public's help in arson cases

Police are asking for the public's help in solving three arsons in north-end Dartmouth this past weekend.

Officers were called to a small fire in front of a home on Farrell Street last Saturday; the fire was believed to be caused by an incendiary device. While conducting a search of the area, officers located a second incendiary device burning in a field down the street.

The next day, officers were called to a shed fire in the backyard of a home on Primrose Street.

METRO



A hiker heads back to the start of the Birch Cove trail head, near the Bayers Lake Business Park on Tuesday. JEFF HARPER/METRO

'It could be the largest urban park in Canada'

Potential economic draw. Group pushing for action on protected land in Halifax area

In numbers

1,300

The existing Blue Mountain-Birch Cove Lakes Wilderness Area protected by the province.

Halifax regional council has voted unanimously to continue negotiations with developers around the boundaries for the Blue Mountain-Birch Cove Lakes Regional Park, but community groups are hoping this is an opportunity to "put something in action" eight years after the province protected the area.

James Boyer, environmental committee chair with the local CARP chapter (formerly

the Canadian Association of Retired Persons) said it's important to have 2,500 hectares of BMBCL plus the surrounding area turned into a regional park to protect from development "eroding" the edges of the wilderness and affecting the connected lakes.

"The water quality ... is so good because it's up above and there's not a lot of pollu-

tion," Boyer said, adding if private landowners allow large-scale development "all that changes and we lose control."

The proposed park, about 25 times the size of Point Pleasant Park, could be a valuable economic draw for tourists and people considering living here, Boyer said.

"You look at quality of life and you look at the Ivany Report, and you want people to move to Halifax ... it could be the largest urban park in Canada," Boyer said.

Boyer said there has been a "black hole" of information throughout HRM negotiations with developer representatives, which now include a mediator, and would like to

see something from council showing the park is a priority.

"We're waiting for the city to put something into action," he said.

On Tuesday, regional council unanimously defeated a staff motion that asked to end negotiations with developers and see what the landowners asked to do first, which Coun. Reg Rankin said would have been "an abortion of the whole process."

Instead, council approved Rankin's motion to proceed with talks and have an appraisal report done on the lands if an agreement was reached before coming back with a report.

HALEY RYAN/METRO

1 NEWS



CONTINUING CARE ASSISTANT



Do you enjoy caring for others, and want to get into the workforce quickly? The Continuing Care sector is one of the fastest growing fields of health care, and at da Vinci College, we'll prepare you to succeed in this field.

TURN YOUR PASSION INTO AN EXCITING NEW CAREER!

Program Starts in January 2015

Call for more information TF: 1.866.429.1847
OR GO TO davincicollege.org TODAY!



Open House
Sun., Nov. 23rd
1 - 3 pm

HALIFAX
1577 Barrington Street
Halifax, NS

Deal raises money questions about Canada Games Centre

Council. Staff suggest using surplus funds to address \$2-million fundraising requirement



RUTH DAVENPORT
ruth.davenport@metronews.ca

Halifax regional council has narrowly approved renewal of a temporary operating agreement for the Canada Games Centre, which includes a contentious conversion of operating money into debt payment.

"What sort of precedent are we setting here?" asked Coun. Tim Outhit Tuesday. "You make a deal with us, then gee, the board changes and you don't know about it or don't like it, (so) we'll bail you out?"

City staffers were recommending renewing an interim agreement between HRM and the Canada Games Society, which has operated the

By the numbers

10-7

The council vote result on the recommendation to transfer surplus operating grant money to the community fundraising effort.

Canada Games Centre since 2011.

Although the renewal of the agreement wasn't contentious, several councillors were perturbed by a recommendation to apply \$300,000 in surplus operating grant funds to a \$2-million community fundraising requirement.

The community fundraising requirement is part of the cost-sharing agreement with the federal government, which states if there are shortfalls, HRM will cover the cost difference with a "general local tax."

So far, none of the \$2 million has been raised.

Although some councillors said applying a surplus

to debt repayment just makes sense, others said it wasn't fair to do it for the Canada Games Centre and none of HRM's other major facilities.

"If I was the board at Alderney (Landing) ... listening to this today, I wouldn't be happy," said Coun. Gloria McCluskey, referring to the \$1.1-million shortfall in Alderney Landing's initial capital fundraising campaign. "That's been held over their head every year ... There's never been anything about, 'Let's pay it.'"

Coun. Russell Walker told council the board wasn't made aware of the \$2-million requirement when it assumed operation of the centre.

He urged council to approve the money transfer, saying the board has run the centre efficiently and, in 2013-14, profitably.

"I wish the board hadn't even operated at a surplus because we wouldn't even be here then," he said. "Does this give any encouragement to break even?"



A photo from inside the Canada Games Centre. METRO FILE

Workers fear pension changes

Dozens of transit, police and fire workers came to city hall on Tuesday to protest against potential changes to their pension plans.

Elaine Crouse, who works as a bus driver for Metro Transit, said there is talk of the city making changes so that all new hires would pay into their own pension plans, which would leave current employees with less money once they retire.

"I'm looking at possibly retiring in poverty," Crouse said.

"Transit has (a lot of) turnover of new hires and, in probably four years, we're probably going to be 35 per cent new hires. That's 35 per cent (fewer) people paying into our



Members of several city unions line up to attend a council session Tuesday at city hall. JEFF HARPER/METRO

existing plan."

She fears there will be even less money left as people retire.

Crouse said Halifax's chief administrative officer, Richard

Butts, is responsible for the potential changes in an effort to help reduce municipal costs.

Although discussions around pension changes were

No comment

Richard Butts didn't speak to reporters after Tuesday's council meeting.

not scheduled for Tuesday's council meeting, Crouse said leaders from the fire and police unions have been involved in behind-doors discussions with council since January.

"We just wanted to all come down here and support each other to let council — and especially Richard Butts — know that we're not taking this lying down," she said.

STEPHANIE TAYLOR/FOR METRO

'I've not been afraid to step up.' Nicoll gets nod as next deputy mayor

Halifax regional council has named its next deputy mayor.

Coun. Lorelei Nicoll was selected for the one-year term in a secret ballot during the regular council meeting Tuesday.

"You all know that leadership requires courage and during my time on council ... I've not been afraid to step up," she told councillors. "I pride myself on the ability to facilitate frank discussions in a respectful manner, develop consensus and arrive at positive outcomes."

The current deputy mayor, Coun. Darren Fisher, will serve until Nov. 18, at which point



Coun. Lorelei Nicoll
JEFF HARPER/METRO

Nicoll will take over.

As deputy mayor, Nicoll will receive an increase in her salary of just under \$8,000.

RUTH DAVENPORT/METRO

Green motion

Staff to study light-bulb recycling

Council has voted to have city staffers look into the logistics of recycling light bulbs from HRM facilities, rather than sending them to the landfill.

Coun. Barry Dalrymple

tabled a motion Tuesday asking for a staff report on the possibilities for collection methods and any associated costs.

He said a local company can recycle every part of the bulb, including the phosphorous powder, which contains mercury.

RUTH DAVENPORT/METRO

Development

Hearing OK'd for Wellington project

A controversial development proposed for Wellington Street will go to a public hearing despite opposition.

Council voted 10-7 to move ahead with the process

of amending planning regulations to allow the development, which includes a multi-unit building.

Coun. Wayne Mason urged council to reject the proposal, noting that city staff have recommended doing so and area residents are overwhelmingly opposed to the proposal.

RUTH DAVENPORT/METRO

Youth event

We Day Atlantic gets \$20,000 funding bump

We Day Atlantic will get an additional \$20,000 from the city for its 2014 event.

Halifax regional council-

lors debated increasing the amount from \$50,000 to \$70,000 for nearly an hour Tuesday.

After some debate over whether the request had followed due process, the motion passed 14-2.

The money will come from the operating surplus reserve. METRO

McNeil waiting on ship numbers from Harper

Arctic patrol ships.

Premier writes to PM for clarification on how many vessels will be built in Halifax

Premier Stephen McNeil says he's awaiting clarification on how many Arctic patrol ships will be built in Halifax, following a parliamentary budget officer's determination that the federal government has not budgeted enough cash to fill its promised order of between six and eight of the vessels.

McNeil said he wrote to Prime Minister Stephen Harper last week about the matter, and expects the number of ships built at Irving shipyard will remain unchanged.

"It's our belief and our understanding that the federal government has made a commitment to deliver on the entire package that was promised, so we will wait to hear from the prime minister," McNeil said Tuesday.

A report by the parliamentary budget officer says the federal government's \$3.1-billion budget is enough to build only four of the ships, and that number could drop to three if the project is delayed by more than a year.

The office of Public Works Minister Diane Finley said the report is wrong because it is based on erroneous information, rough cost estimates for international vessels with varying capabilities and an



Irving shipyard employees work on a vessel in the yard, back in February. JEFF HARPER/METRO

inability to find reliable contemporary Canadian data.

Parliamentary Budget Officer Jean-Denis Frechette said that situation exists because the government refused to give his office the information it needed to complete its report.

Last week, Irving Shipbuilding president Kevin McCoy said he was confident the company will build six Arctic patrol vessels, adding

that Ottawa has not changed its mind about the shipbuilding deal.

McCoy's comments came after industry and military sources told The Canadian Press the government has scaled back its original plan to buy between six and eight vessels.

The sources said Ottawa would opt to buy five of the ships with an option for a sixth. **THE CANADIAN PRESS**

Shared Services Act

Province aims to centralize purchase of services, supplies

The Nova Scotia government is aiming to cut costs by centralizing the purchase of supplies and services.

Internal Services Minister Labi Kousoulis said the Shared Services Act introduced Tuesday would result in savings of up to \$60 million annually once it is fully implemented, something that is expected to take up to five years.

The changes would see construction projects worth more than \$1 million, financial services, information technology services and building management for departments, health authorities and school boards centralized mainly through his department and two others.

Kousoulis said the changes would also result in the elimination of about 200 jobs over five to six years, mainly through attrition.

"We are looking at displacing no one. As we have people retire out of the civil service then we will look at eliminating some positions."

Kousoulis said half of the potential savings would come through centralizing procurement alone, which would be done through his department.

"Some departments were better at negotiating contracts than other departments," said Kousoulis. "By pulling all contracts into one department we can start going to the contracts that have the lowest prices."

THE CANADIAN PRESS

'Piggy bank raid'

Not surprisingly, the opposition parties pounced on the report by the parliamentary budget officer.

- "There's two things going on: One is it's just a pure inability to manage these complex projects on the govern-

ment's end," said Liberal MP Joyce Murray. "The second thing is that this military procurement budget became a giant piggy bank to raid in order to be able to offer tax breaks in the 2015 election and target votes."



DAREDEVIL

HE'S GOT TYPE 2 DIABETES
AND DOESN'T EVEN KNOW IT.
THAT'S RISKY.

1 out of every 33 Canadians has diabetes and doesn't know it. Untreated, type 2 diabetes can cause severe health problems and even be fatal. Early diagnosis and awareness can make all the difference. Find out by filling out the short online CANRISK diabetes test, and take charge of your health.

@Canadian
Diabetes
Association

Sun
Life Financial

novo nordisk

TAKE THE TEST
YOU CAN WIN \$5,000!
and \$1 will be donated to diabetes research
DontBeRisky.ca

N.S. putting over \$50M into affordable housing

'Win-win' situation.

Premier McNeil says new program will create around 300 new units in the province

STEPHANIE TAYLOR
halifax@metronews.ca

The province has introduced a new rental-supplements program it says will give hundreds of Nova Scotians better access to safe, affordable housing.

Premier Stephen McNeil announced the new program in Dartmouth on Tuesday.

He said the program will create around 300 new units of affordable housing throughout the province, and said it is part of a larger \$52-million investment the province is making to upgrade existing units for low-income residents and seniors.

"This (investment) will improve the quality of life for hundreds of Nova Scotians and revitalize the areas in which they live," McNeil said during a news conference in a south Dartmouth apartment complex.

Of the \$52 million, McNeil said \$42 million of the investment will be taken from a pool of unspent federal money, which has long remained untouched.

"It makes absolutely no sense for the province to be sitting on \$42 million of federal money that could be providing a need today," he told reporters afterward.

Minister of Community



Premier Stephen McNeil speaks during an affordable housing announcement at the Parker Plaza common room in Dartmouth on Tuesday. JEFF HARPER/METRO

Quoted

"This is an example of a smart and effective public-private partnership."

Mark Bergman of Investment Property Owners of Nova Scotia

Services Joanne Bernard, who is also responsible for housing, joined the premier at Tuesday's announcement. She explained the new program will partner with landlords to reduce rent for low-income Nova Scotians, which will in turn save them from having to dip into their

personal savings in order to make rent.

She said the program will provide new places to live for as many as 800 people who are currently on waiting lists for affordable housing.

Both McNeil and Mark Bergman of Investment Prop-

erty Owners of Nova Scotia — an association that represents landlords and property managers across the region — called the partnership a "win-win" situation.

"This will allow the province to offer more affordable rental housing opinions than we could with provincial investment alone," McNeil said Tuesday.

Bergman said there are close to 1,800 vacant units in the Halifax area alone. Of those, he said 900 can now be priced for \$850 or less, thanks to the new program.

Poachers. Officials seeking public's help finding killer of endangered moose

The province's Department of Natural Resources is asking for the public's help finding poachers who killed and cut up an endangered mainland moose.

The provincial department says in a release the moose — which had been removed from St. Croix last month for safety reasons — was found in the woods on Highway 101 near Mount Uniacke.

The release says the moose was cut up with its meat removed. Only the hide and head were left behind.

The release says biologists, wildlife technicians and conservation officers tranquilized the four-year-old, 600-pound



A photo of the moose that was killed. HANDOUT

male moose on Sept. 30 and set it free near Pockwock.

The moose was last seen alive in the area Oct. 23.

The animal had been moved for its safety, the province said. **METRO**

Fracking. Province OKs disposal plan for 5 million litres of waste water

An additional five million litres of treated hydraulic fracturing waste water will be disposed of at a Nova Scotia cement plant following a successful pilot project earlier this spring, the province's environment minister said Tuesday.

Randy Delorey said he has approved a request from Atlantic Industrial Services to use the waste water at the Lafarge plant in Brookfield.

The waste water is left over from drilling that occurred seven years ago. It will be used as a coolant in a kiln at the Lafarge plant and evaporated at 700 C after naturally occurring radioactive materials are put through a process called reverse osmosis.

A previous pilot project of

Truckloads

167

The estimated number of truckloads of water that will be needed to transport the waste water from holding ponds in Debert to the cement plant.

two million litres shows that evaporation is a viable disposal solution for the province's existing hydraulic fracturing waste water, Delorey said.

The department says there are about 10 million litres of waste water remaining in the two ponds in Debert, while 20 million litres of waste water remain in two holding ponds in Kennetcook.

THE CANADIAN PRESS

TOP DRAWER

URBAN RENTALS
AT THE TOP OF
DOWNTOWN.

MOVE IN
NOW

BOOK A TOUR
TODAY!
902-334-1405

SPACIOUS, CONDO-INSPIRED
APARTMENTS FOR RENT.

Open-concept, furnished or unfurnished, designed with accessibility in mind. Deluxe kitchens outfitted with stainless steel appliances and quartz countertops. In-suite conveniences include laundry and walk-in closets. Book your viewing of the building that brings sophistication to the Halifax rental market. Visit 19twenty.ca for a 360° view.



19twenty
at BRUNSWICK HEIGHTS

MANAGED BY VERTICA
RESIDENT SERVICES

Gordon Nickerson

Kidnapper registered as sex offender for life

A Yarmouth man who kidnapped and sexually assaulted two women before he led police on a car chase through Kings County more than two years ago has been registered as a sex offender.

In February 2012, Gordon Frank Nickerson, 38, pleaded guilty to a total of 12 charges against him after he assaulted and abducted two women from the Yarmouth area. He was ordered into custody at a penitentiary for an undetermined period of time.

In early September, the Crown requested a dangerous offender assessment against Nickerson.

On Monday, the Crown requested that he be registered as a sex offender under the Sex Offender Information Registration Act.

Judge Alan Tufts complied with the Crown's request. **KING'S COUNTY REGISTER**

Sowing the seeds of success. Hope Blooms builds up greenhouse, new headquarters in Halifax



HALEY RYAN

haley.ryan@metronews.ca

After four months of searching for a home, the youth at Hope Blooms have found a space to keep growing.

Jessie Jollymore, dietician and Hope Blooms lead, said Tuesday the kids behind Halifax's north-end community garden and salad dressing business had outgrown their former space in the North End Community Health Centre, and their new kitchen and program space at 5527 Cornwallis St. is a better fit.

"(It) is still in the heart of the community and it's a sizable space," Jollymore said. "We really want to have a community food hub there."

The 1,100-square-foot



Construction of the new Hope Blooms Greenhouse continues on Tuesday near Brunswick Street. JEFF HARPER/METRO

space is undergoing renovations and about "three-quarters" finished with the kitchen going in this weekend to better accommodate the 60 young members,

Jollymore said.

Build Right Nova Scotia also began work on the group's greenhouse at the corner of Brunswick and Gerish streets about a month

ago, Jollymore said.

The foundation is nearly complete, and on Tuesday Jollymore said the construction crews were putting in the systems that will allow

New and improved

"It just feels so wonderful."

Jessie Jollymore on the new Hope Blooms greenhouse

the 12-metre greenhouse next to their garden to be "off the grid" and self-sustainable.

Herbs and vegetables grown in the greenhouse year-round will lead to more salad dressings. They are sold at the Seaport Farmers' Market, with 100 per cent of the proceeds going back to the garden and a scholarship fund for the children, Jollymore said.

In about three weeks when the greenhouse and new headquarters are complete, the stars of Dragons' Den who gave the kids \$40,000 last fall after a professional business pitch are set to visit Halifax.

"They're good role models in showing the youth that you can have a really great idea and work hard to make it come true," Jollymore said.

Carsville Christmas in November!

Receive a \$1000 Prepaid Visa Card*
with every vehicle purchased now til Nov. 3rd!



2012 HONDA ODYSSEY EX

with rear entertainment, pwr sliding doors, only 54kms

\$29,995*



2011 BMW 750i XDRIVE

Twin Power Turbo V8, fully optioned, over \$100k new, only 64kms

\$41,995*



2012 SUBARU FORESTER 2.5X TOURING

AWD, panoramic roof, only 65kms

\$23,995*



2012 ACURA RDX SH

with Tech Pkg, Navigation, like new, only 52kms

\$29,995*



2011 MINI COUNTRYMAN S

all 4 AWD, turbo-charged, 6 speed, panoramic roof, only 87kms

\$24,995*



2011 BMW 323i

Power moonroof, alloys, one owner, black on black, only 91kms

\$17,995*

View our full inventory at **mycarsville.ca**



CARSVILLE

BETTER CARS, BETTER BUYS, BETTER HURRY

257 Sackville Drive, Lower Sackville **1-877-373-9724**

*Not valid with past sales. Vehicle must be financed through Carsville. Multiple lenders available. Taxes extra. Best rates available OAC.

Thousands line streets to say goodbye to Cpl. Cirillo

Funeral procession.

Family, friends and complete strangers pay respects to soldier gunned down in Ottawa last week

To his fellow soldiers, he was “loyal, tough, loving, true.”

To his family, he was a fun, devoted son and brother, and both father and best friend to his son.

And to Canada, shaken by his frightening death on home soil, Cpl. Nathan Cirillo is the young soldier who has “joined the ranks of so many Canadians who have gone before him,” said Prime Minister Stephen Harper, “having given all in the service of their country.”

Thousands of mourners lined Hamilton’s streets to say goodbye to the young reservist at the regimental funeral Tuesday, gathering as scores of Cirillo’s military colleagues formed a procession alongside Cirillo’s flag-draped casket, slowly marching toward Christ’s Church Cathedral.

In an emotional service inside a church packed with family, fellow soldiers and dignitaries, Cirillo’s family, grieving comrades and Harper paid tribute to the 24-year-old member of the Argyll and Sutherland Highlanders, killed while standing guard at the National War Memorial last Wednesday.

“Loyal, tough, loving, true. His family knew it, his regiment knew it, and now Canadians know it. Rest in peace, Cpl. Cirillo. Your Argyll family will not forget,” said Lt.-Col. Lawrence Hatfield, commanding officer of the Argylls.

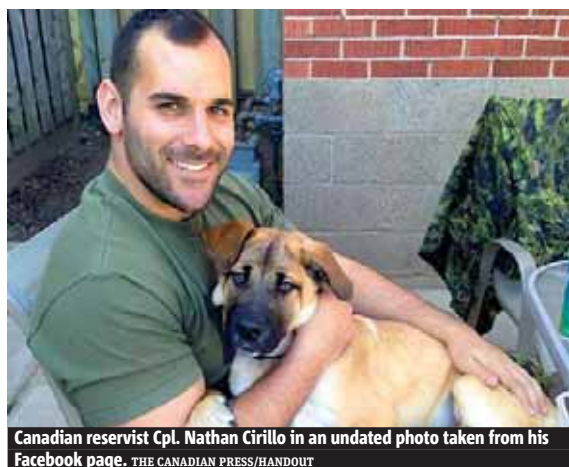
Cirillo’s cousin, Jenny Holland, spoke on behalf of Cirillo’s family, many of whom had marched behind the casket during the procession. Holland shared stories about his childhood, fondly recalling memories such as the time Cirillo brought a wagon to an Easter egg hunt “so he could get the most treats in the quickest time.”

Cirillo’s five-year-old son-Marcus was his joy and focus, Holland said, and the boy “adored him so much.”

“Not only was he his father, he was his friend,” she added, as Cirillo’s mother Katherine



Katherine Cirillo, mother of Cpl. Nathan Cirillo, is full of emotion as she walks along the procession route in Hamilton, Ont. A full military funeral was held Tuesday for Nathan Cirillo, the soldier who was shot to death in Ottawa last week. RICHARD LAUTENS/TORSTAR NEWS SERVICE



Canadian reservist Cpl. Nathan Cirillo in an undated photo taken from his Facebook page. THE CANADIAN PRESS/HANDOUT

wiped tears from her eyes.

In a tribute to Cirillo, Harper directly addressed the young man’s grieving family, including Marcus, Katherine, Cirillo’s stepfather Victor Briffa, and sisters Nicole and Natasha, expressing the hope that “time

ease the searing pain of today.”

That Cirillo’s death occurred at Canada’s national place of solemn remembrance was a “bitter and truly heart-wrenching irony,” Harper said.

“These monuments remind us that freedom is never free. It

A soldier

“He never took the hard knocks or tough challenges personally. He just smiled and soldiered on, both in the regiment and in life.”

Lt. Col. Lawrence Hatfield, commanding officer of the Argylls

has been earned by the soldier and then donated to all of us.”

Before Cirillo’s casket was taken into the church, the pallbearers soberly accompanied it through the streets, marching slowly in a sign of respect for the soldier.

At the front was Ryan Weinberger, a close friend who said the corporal would have been overwhelmed by the outpouring of love.

“If Nathan were alive today, if he could sense any of this, I

A hero

“Our hearts are broken at his loss. But our spirits are grateful for his memory.”

Prime Minister Stephen Harper

think that he would feel extremely touched and extremely thankful for the warm welcome we’ve got from so many Canadians,” Weinberger said over the weekend.

Cirillo was killed by a single gunman, Michael Zehaf Bibeau, who fired on the ceremonial soldier then stormed onto Parliament Hill before he was fatally wounded.

The military funeral is intended to both honour the family of the officer who has

A father

“Nathan may have looked like a big, tough man, but he was such a kid at heart. It was beautiful to see the joy he had while playing with his son.”

Jenny Holland, cousin of Cpl. Nathan Cirillo

died, and provide “reassurance to each other that we’re hanging together,” said Lt. Navy Gordon Laco early Tuesday, while preparing for the procession.

“The military is about violence when diplomacy fails. But it’s also a close family and that closeness is what helps members of the military get through tough times” he said. “What’s remarkable is, of course, this tough time is that it happened at home.”

TORSTAR NEWS SERVICE



A large crowd lines James Street in Hamilton, Ont., as the casket of Cpl. Nathan Cirillo passes by. Thousands lined the streets to pay their respects on Tuesday. RICHARD LAITENS/TORSTAR NEWS SERVICE

On the street

A nation mourns

Thousands of people — some wearing Canadian flags and poppies, many who never met Cpl. Nathan Cirillo — came out to honour the young soldier.

Jan Gallo brought her granddaughter and the pair sat in Canadian flag chairs. “Not only are we here to honour Cpl. Cirillo, but also all of our armed services,” she said.

Gillian Archer, 10, stood outside the First Ontario Centre to watch her father march by in the sombre funeral procession.

“My father is a soldier, so this is very important to me,” said Gillian, who was there with her mother and two siblings.

Awaiting the procession Tuesday, Drew Tarvids, a Scarborough native and Hamilton resident, stood draped in a Canadian flag.

“I respect any man that has the guts to do what he did. Respect. That’s what it’s about,” he said. “I was born and raised in this country, and I love it.”

TORSTAR NEWS SERVICE

Words for Nathan

“Nathan, these words are for you. Your death is such a tragedy, but yet it’s not in vain. Because of you, every Argyll and every man and woman who is honoured to wear the uniform of the Canadian Forces stands prouder and taller this day.”

Major the Reverend Canon Rob Fead of the Anglican Church of Canada, who conducted the funeral service and serves as Chaplain to the Argyll and Sutherland Highlanders



Marcus Cirillo outside the church, following the funeral service for his father, Cpl. Nathan Cirillo. PETER POWER/THE CANADIAN PRESS



Cpl. Nathan Cirillo is carried into Christ's Church Cathedral.

TARA WALTON/TORSTAR NEWS SERVICE



A woman cries as the coffin of Cpl. Nathan Cirillo is escorted through the streets toward his funeral service. PETER POWER/THE CANADIAN PRESS

Symbols of respect

The regimental funeral was imbued with meaning:

- **Mourning bands.** Officers wore a black band of fabric around the left bicep as a symbol of respect.
- **Gun carriage.** Traditionally a fallen soldier is placed on a cart built to carry guns as a sign of respect

and honour.

- **The slow march.** A deliberate “slow march” is a ceremonial stride meant to show grief and respect.
- **Arms reversed.** This drill position is meant to signify a time of mourning, rather than the battle-ready upright position.

Bourque apologizes for RCMP killings

Moncton. At sentencing hearing, killer calls self 'arrogant pissant' and says he's sorry to families of slain Mounties

Justin Bourque apologized Tuesday to the families of the Mounties he shot in the north end of Moncton on June 4, saying in a quavering voice that the reasons he gave to police for killing three officers and wounding two others were the words of an "arrogant pissant."

Bourque, speaking at the conclusion of a two-day sentencing hearing at the Court of Queen's Bench in Moncton, acknowledged the pain the victims' families must have felt Monday after they watched his emotionless, rambling statement to police on June 6.

"It's the talk of some arrogant pissant, as if it was nothing to me," he said. "I want the families to know ... it does mean something to me."

In the three-hour, videotaped statement, Bourque appears relaxed as he leans back in a chair and explains that he



RCMP Chief Supt. Wayne Gallant, Chief Supt. Marlene Snowman and Insp. Costa Dimopoulos, left to right, leave Moncton Law Courts after the second day of Justin Bourque's sentencing hearing in Moncton, N.B. on Tuesday.

ANDREW VAUGHAN/THE CANADIAN PRESS

wanted to encourage people to rise up against the "soldiers" that defend federal institutions and protect the rich from the poor.

The 24-year-old said his original plan was to set fire to several Moncton gas stations to harm the oil industry, but he ditched that idea because of problems with his bicycle.

On Tuesday, Bourque said he had changed his mind about

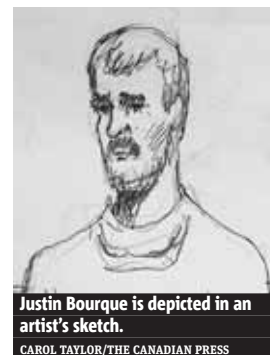
what he had said and done.

"Everything I said was from hatred," he said, referring to the police statement. "If you had asked me about this two days (after the shootings), there was nothing to be proud of."

Before he was led out of the courtroom, Bourque offered an apology. "Saying sorry or any apology is almost useless, but I am sorry," he said. "There's nothing else to say."

An agreed statement of facts previously filed with the court says Bourque's actions were both "planned and deliberate" when he used a Poly Technologies M305, 308-calibre semi-automatic rifle to kill constables Dave Ross, 32, Fabrice Gevaudan, 45, and Douglas Larche, 40. Constables Eric Dubois and Darlene Goguen were also wounded.

A 28-hour manhunt for



Justin Bourque is depicted in an artist's sketch.

CAROL TAYLOR/THE CANADIAN PRESS

Bourque left much of Moncton paralyzed until his arrest just after midnight on June 6.

Bourque legally bought the gun on July 24, 2009, and had a valid firearms certificate for it, Crown attorney P.J. Veniot said Tuesday.

In August, Bourque pleaded guilty to three counts of first-degree murder and two counts of attempted murder.

At the very least, he faces a mandatory life sentence with no parole eligibility for 25 years for the first-degree murder charges.

Judge David Smith said he will sentence Bourque on Friday. **THE CANADIAN PRESS**

Analysis

Extended parole ineligibility

Crown attorney Cameron Gunn said the judge should use a 2011 amendment to the Criminal Code that allows judges to extend parole ineligibility in cases of multiple murders. In Bourque's case, Smith could decide that the 25-year ineligibility period for each of the three murder convictions should be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he was 99 years old.

Defence lawyer David Lutz is asking for two consecutive parole ineligibility periods, which would amount to 50 years.

In either case, Bourque is facing the harshest sentence in Canada since the last executions in 1962.

THE CANADIAN PRESS

Appeal

Parole board to review whether Robert Latimer can freely travel

The Parole Board of Canada says it will review a condition

that bans Robert Latimer from leaving the country without pre-approval.

A Federal Court judge ruled last month that nothing indicates the 60-year-old is a danger and should be prevented from freely travelling.

A spokesman for the board says the appeal division

recently decided that there was sufficient information to warrant a review.

The Saskatchewan farmer received a life sentence for the second-degree murder of his severely disabled daughter in 1997 and was granted full parole in 2010.

THE CANADIAN PRESS

CBC investigating 'claim of impropriety' toward employee

The CBC says it has learned of a "specific claim of impropriety" toward one of its employees that will be included in a "continuing investigation" at the public broadcasting corporation.

In an internal memo to staff, Roulia Zaarour, CBC's vice-president of People and Culture, said the company learned of the claim late Monday evening through a story in the Toronto Star.

"We have always encouraged our employees to come forward with any concerns about their working environment," Zaarour said. "We are here to support you. That has been and will remain the case."

On Sunday, the Star published detailed allegations against former CBC Radio host Jian Ghomeshi. Three women quoted in the story claim that Ghomeshi physically attacked them without their consent during sexual encounters. A fourth woman, who worked at CBC, claimed Ghomeshi told her at work: "I want to hate f--- you."

In a Facebook post Sun-



Radio host Jian Ghomeshi. THE CANADIAN PRESS/CBC

day, Ghomeshi denied engaging in non-consensual sexual acts and claimed he is the subject of "harassment, vengeance and demonization." Ghomeshi is suing the CBC for \$55 million.

None of these allegations has been tested in court.

Zaarour's memo to employees doesn't name Ghomeshi, nor specify which matter is being referred to, but states that the CBC will consider "any new

information" that comes up.

"You will be reading and hearing a lot of different things, both in mainstream media and social media, over the coming days, weeks and months," the memo reads.

"You should be aware that we will generally be unable to respond or react to these, or even to correct factual inaccuracies, due to pending legal action."

TORSTAR NEWS SERVICE



Change your life and the lives of others.

Become a Disability Support Worker!

Train how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

Take our Diverse Ability and Support Worker program and finish in less than a year!

NOW ENROLLING FOR NOVEMBER

Call or Click Today

463-6700 maritimebusinesscollege.com

French

Air Canada doesn't have to pay couple over language spat

An Ottawa couple who complained after not being served in French on Air Canada flights are not entitled to financial compensation from the airline, the Supreme Court ruled Tuesday.

The Federal Court originally said Lynda and Michel Thibodeau should receive \$12,000, but that ruling was overturned.

THE CANADIAN PRESS

Lowe's

Customer service being outsourced ... to robots

The robots are coming. Lowe's is testing whether new bots on wheels can improve its customer service.

Four robots are being tested at a hardware store owned by Lowe's Companies Inc. in San Jose, Calif.

THE ASSOCIATED PRESS

While it lost hockey...

CBC wins Olympic broadcast rights

CBC has secured the broadcast rights to the 2018 and 2020 Olympics.

CBC will partner with Bell Media and Rogers Media to carry the 2018 Winter Games in Pyeongchang, South Korea, and 2020 Summer Olympics in Tokyo.

CBC had the broadcast rights for this year's Sochi Olympics and will show the 2016 Summer Games in Rio de Janeiro. THE CANADIAN PRESS

Market Minute



DOLLAR

89.52¢ (+0.54¢)



TSX

14,624.25 (+155.25)



OIL

\$81.42 US (+\$0.42)



GOLD

\$1,229.40 US (+\$0.10)

Natural gas: \$3.66 US (+\$0.09)

Dow Jones: 17,005.75 (+187.81)

India slides to 114th in gender-gap ranking

Gender Gap Index.

Annual reports finds despite a fast-developing economy, women in India still face inequality

Indian women still face some of the world's worst inequality in access to health care, education and work, despite years of rapid economic growth, according to a survey of 142 nations released Tuesday.

The annual Gender Gap Index by the Geneva-based World Economic Forum showed India falling to 114th place, after being ranked 101st out of the 136 countries surveyed last year. That puts India below other fast-developing nations including South Africa, ranked 18th, China at 87 and Brazil at 71.

"Achieving gender equality is obviously necessary for economic reasons," Klaus Schwab,



Schoolgirls play at a government school in Hyderabad, India, on Tuesday. Indian women still face some of the world's worst inequality, according to the latest annual Gender Gap Index. MAHESH KUMAR A.

WEF founder and executive chairman, said in a statement.

"Only those economies who have full access to all their talent will remain competitive

and will prosper."

Overall, the report said gender equality is improving worldwide, with 105 countries becoming more equal since the

Usual suspects

The index ranks countries based on health, access to education, economic opportunity and political participation.

- Canada ranked 19th, one place above the United States.
- Nordic nations led the world with Iceland, Finland, Norway, Sweden and Denmark occupying the top five spots.
- Yemen, Pakistan and Chad remained at the bottom of the list.

forum launched the index in 2006 and health and education access being the most egalitarian across the globe.

THE ASSOCIATED PRESS

Switch or open a MORTGAGE and get \$500.¹

Get a great low rate and a \$500 welcome bonus when you switch or open a mortgage with RBC®. Plus, we'll even cover your switching costs!²

Big deals. Big savings. Big incentives.

rbc.com/bigswitch | 1-855-894-3140 or visit an RBC Royal Bank® branch

¹\$500 cash offer available on 1) a new mortgage upon purchase of a home or 2) a transfer of an existing mortgage from another lender to Royal Bank of Canada. Mortgage must be for a minimum principal amount of \$75,000 and must have the term and pre-payment privileges of a four-year or greater fixed interest rate term, closed mortgage or a five-year variable rate term, closed mortgage. Offer limited to properties located in Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador. To qualify for the offer, you must have a Canadian dollar RBC Royal Bank account. The \$500 amount must be deposited into this account. The deposit will occur six to eight weeks from the funding (advance) of the mortgage. The application date must be on or after September 29, 2014 and the last day to apply is December 1, 2014. The mortgage must be fully advanced within 120 days of the application date. This offer is available for new builder single advance mortgages that close within 120 days from the commitment start date. All other construction draw (including purchase plus improvements)/builder mortgages and amendments to an existing mortgage with Royal Bank of Canada, including port/assumption transactions, an advance of additional funds or a renewal are excluded. The offer cannot be combined or used in conjunction with any other special offers, with the exception of RBC Royal Bank rate specials. Other terms and conditions may apply. ²We will pay the basic title insurance fee, processing fee and discharge fee of up to a maximum of \$300. Offer excludes mortgage pre-payment charges that you may have to pay to the other lender. Personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. Offer may be withdrawn or amended without notice at any time. © / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2014 Royal Bank of Canada.

ONE MORE DAY TO GET YOUR TICKETS!

Order online today!
DareToDreamLottery.ca
Or Call 1-800-994-3694

TICKET PURCHASE DEADLINE
11:59 pm
Oct. 30, 2014

Visit our \$1.2 Million GRAND PRIZE Home at 205 Willowhill Ridge, Waverly

The Home & 654 Prizes will be drawn for on November 14, 2014

Where Hope Lives. For 35 years Bryony House has been helping women and children escaping intimate partner violence. *Thank you for supporting Bryony House!*

50/50 is over \$300,000 & Rising!

Proudly Supported by East Coast Paving & Concrete Ltd.

I'M NOT A SPORTS FAN, BUT I PLAY ONE ON BAD HAIR DAYS

I'm the kind of self-regarding loser who likes monograms and necklace charms in the shape of my initials. It follows that I have and love a Kansas City—KC! That's me!—baseball cap, in royal blue.

I don't have that cap—or my (genuinely!) vintage Blue Jays cap, or my few other items of baseball, basketball and hockey-related apparel—because I like sports. I don't. I almost don't watch sports at all, and I don't understand them, at all.

My favourite but possibly worst joke is when I ask someone what they're doing, and when they say, "watching the game," I respond, "I've seen 'the game'!" I do know how dumb and unfunny it is, yes, but it's really funny to me, because to a non-sports-fan, every game could be every other game. Every dunk could be every other dunk, or home run, or goal, or whatever. However, I've been wearing my Kansas City cap a lot, lately, because I haven't had a haircut in 1,000 years. And because my bad hair has coincided with Kansas City improbably sliding into a World Ser-



GUEST COLUMN
Kate Carraway
metronews.ca

ies, I'm being asked a lot about "my" team. Like when a preteen asked me who my favourite player was (no idea). Or when a baseball fan who'd missed a game asked me in a coffee lineup if I knew what the score was the night before (um).

I never lie, even though telling strangers that my hat indicates my own name-related narcissism more than it does any kind of fandom is straight-up embarrassing, but being accidentally—and temporarily, I assume, as at some point the World Series ends—included in the sphere of sports has been, if not exactly fun in the usual way, communally exciting, like an election or a blackout or an elementary school's annual carnival night. I'm not in these situations, where strangers are aligned by some external event or happenstance, very often.

I like it, because it's based on so little. I mean, I don't know anything about baseball, but I'm in, and the kind of positive inclusivity that doesn't care about anything other than intention-via-ball-

Making the team

The kind of positive inclusivity that doesn't care about anything other than intention-via-ball-cap has otherwise disappeared from my life.

cap has otherwise disappeared from my life.

Most of my day—too much—is spent in front of a computer, working alone or engaged in the self-selecting communities of friends, colleagues, and my social-media followers and followees.

My bright-blue Kansas City cap, though, is like an instant all-access pass to the kind of community that, I've found out, actually exists everywhere all the time (coffee lineups, classrooms, sidewalks), in real life, dependent on no details of lifestyle or demographic, just opt-in fandom. I still don't care about sports—at all—but I do like being a fan.

Paul Sullivan returns with *Just Sayin'* Nov. 12

Metro Bitstrips caption contest



Today's winner:
Andy Slater



Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.

Bitstrips

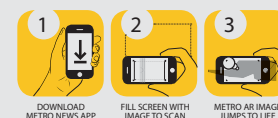


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 28 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



MetroTube



Fun police score big



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a safe assumption that you're going to find Kevin Judd's fantastic lip-synching, 12,000-light Halloween house just as alluring as we do. Alas, the bad news is that house is far away in Riverside, Calif. Actually, there's worse news.

The house isn't even in Riverside any more. Police shut down the display after too many people enjoyed it too much, tying up that precious traffic flow. #RIPSingHalloweenHouse. You're a spooky ghost now. (California Through My Lens/YouTube)



SCREENGAB

Comments

RE: Stephen Kimber's column In the wake of the Parliament Hill Shooting, We Must Remain Calm and Canadian, published online Oct. 27, 2014

While perhaps some of you may consider (Michael Zehaf Bibeau's and Martin Coutu-Rouleau's) acts 'terrorist,' I know I and my friends & most of my family, consider them criminal acts. Their actions haven't terrorized us, nor will we let the actions of a few criminals change how we feel about the vast majority of the people in our country, no matter what religious observances they choose to follow. **More, posted to metronews.ca**

Music



Lil Wayne GETTY IMAGES FILE

Lil Wayne career-closing album delayed again

The fifth installment of Lil Wayne's Carter series — which the hip-hop giant has said would be the album that caps his career — has been delayed again.

Tha Carter V, which was initially due out in May, was nowhere to be found on Tuesday, which was the updated release date.

The president of his Young Money label was quoted by hip-hop blogger Karen Civil as saying that no new release date has been set.

The New Orleans rapper — whose given name is Dwayne Michael Carter, Jr. — has released four Carter albums that have been among his most acclaimed works. He was the most-nominated artist at the 2009 Grammys for his Tha Carter III. The 32-year-old has repeatedly said that Tha Carter V will be his last album as he wants to spend more time with his four children. **AFP**

Goodbye dating, hello pop

Music. Taylor Swift grows up and turns on a new sound

When Taylor Swift released the Grammy-winning, banjo-tinged *Mean* in 2010, haters fired shots at the then-20-year-old.

Four years later, Swift says she's grown and was able to write her new single *Shake It Off* about others dissing her from a new perspective.

"We are all getting our hearts broken, being built up, being let down, feeling disappointed, feeling joy, feeling all these emotions, but what I've noticed is that even when it's the same kind of emotion that I'm feeling, I process it and feel it differently now than I used to," she said in an interview last week. "And I think that's a factor of growing up, but I'm pretty proud of the way it's gone."

All signs point to growth as Swift releases her fifth album, 1989. She's left behind her country roots to go full-blown pop, she's moved to New York City, and she hasn't really thought about dating in nearly two years.

"I think it's a beautiful thing to be in love. If you're in a good relationship, that's wonderful, but you are factoring someone else's feelings, schedule, opinion and priorities into your own feelings, schedule, thoughts, opinions, priorities. And in the last year and a half, that just hasn't been something that I've been interested in," she said.

Swift, 24, began dabbling in pop when she released *Red* in 2012, which featured the pop smashes *We Are Never Getting Back Together* and *I Knew You Were Trouble*. Max Martin, who co-produced those songs



Taylor Swift performs at the iHeartRadio Music Festival on Sept. 19 in Las Vegas. KEVIN WINTER/GETTY IMAGES FOR IHEARTMEDIA

with Shellback, is the executive producer behind 1989 and has created a slew of pop anthems, from Britney Spears' ... Baby One More Time to Kelly Clarkson's *Since U Been Gone*.

"I found myself wanting so badly to explore this new territory, but I felt absolutely terrified to go too far in that direction because I thought people would be angry," Swift said about going pop.

"I think that the country community wasn't surprised that I made a pop album; I think they were surprised when I was honest about it."

It's a bold move for Swift, who moved to Nashville as a teen to pursue her singing career. Her first single was called *Tim McGraw*.

"We've had a great relationship with 2,000 country radio stations ... and so talking it through, she still welcomes their support," said Scott Borchetta, the president and

CEO of Swift's longtime label home, Big Machine Records. "If the moment ever strikes her again and she decides, 'You know what, the music I'm making now is country,' I think she'll be welcomed back with open arms."

Swift says she's not sure she will record country music again — not because she doesn't want to, but because it's too early to tell.

"If I wanted to make *Red* 2.0 I could have done it, but I ... wanted the focus to be on the sound of the record rather than everyone dissecting each lyric to see who these songs are about," she said.

1989 is pure pop fun, featuring hook-heavy jams — from anthemic moments like *Shake It Off* and *Bad Blood* to calmer grooves like *Clean*, featuring Imogen Heap. It's also a sound that resonates with Swift's fans, if a recent secret session at her apartment in New York City



T.S. 1989
The cover of 1989, the latest release by Taylor Swift. BIG MACHINE RECORDS

was any indication.

Swift invited 89 fans to her pad in Tribeca to preview 1989. The feverish group of girls and boys (and moms) immediately jumped to the floor to sit on pillows as Swift sat in front of them. One girl couldn't stop shaking.

"I'm a little worried about the shaking," Swift said to the blonde teen, and then gave her a high-five to calm her nerves.

THE ASSOCIATED PRESS

TOP SIX @ 6 Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Jessie J, Ariana Grande & Nicki Minaj **Bang Bang**
- 5 Calvin Harris ft John Newman **Blame**
- 4 Ed Sheeran **Don't**
- 3 Nick Jonas **Jealous**
- 2 Jeremih ft YG **Don't Tell 'em**
- 1 Taylor Swift **Shake It Off**

101.3 THE BOUNCE

Jillian

1013TheBOUNCE.com | Info@1013thebounce.com

Invest in your future. LEARN FRENCH.

Full-time Intensive Group Courses

1 to 5 weeks 30-35 hours of training per week

NEW – Bursary & Free Evaluation Available!

Contact us today to see if you are eligible:

Call (902) 424-1164 • email cours-fls@usaintanne.ca

Halifax Campus
1589 Walnut St., Halifax
@USainteAnneHFX
usaintanne.ca/clts

Sainte Anne
The Only Francophone University
in Nova Scotia

2 SCENE



RBC Royal Bank

With \$25 a week,
GROW your children's
education fund into
\$50,000*

\$50,911*
18 years

\$29,308*
12 years

\$11,623*
6 years

Get started with an RBC® RESP.

Learn more at rbc.com/graduate
or call 1-855-235-9452



metro

14

SCENE

metronews.ca
Wednesday October 29, 2014

Poehler memoir is part ask Amy, part racy fun

Books. Amy Poehler talks about her divorce, drugs and more

EMILY LAURENCE
Metro in New York City

Actress Amy Poehler's memoir *Yes Please* comes out this week and early buzz is promising it will be just as successful as Tina Fey's *Bossypants* and Mindy Kaling's *Is Everyone Hanging Out Without Me?* Poehler's glossy-paged hardback details everything from her early days of comedy to her *Saturday Night Live* career, but it also has the juicy stuff, like sex advice and details on her divorce. Here, we share some of the major talking points.

Divorce: Maybe it's because celebrities get divorced all the time, but we tend to think it isn't as bad for them as it is for us civilians. Poehler writes lovingly about her ex-husband Will Arnett and honestly about their divorce: It sucked. "When you are a person going through a divorce you feel incredibly alone, yet you are constantly reminded by society of how frequently divorce happens and how common it has become," she writes.

"You aren't allowed to feel special, but no one understands the specific ways you are in pain." Some life experiences don't need a punchline.

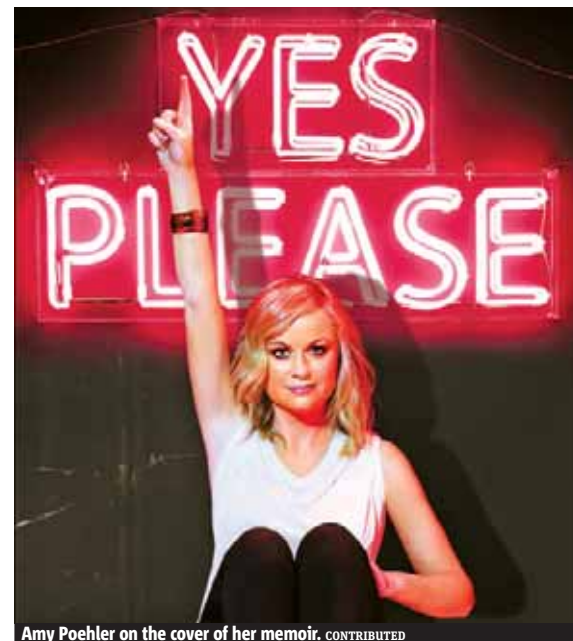
Drugs: Poehler doesn't hide the fact that she's said "yes, please" to many drugs. She chronicles how her father was a happy pot dealer and how she experimented with cocaine, mushrooms and ecstasy. "Cocaine is terrific if you want to hang out with people you don't know and play ping-pong all night. It's bad for almost everything else," she reveals.

Getting older: Apparently, entering your 40s is pretty awesome: "Gone are the days (hopefully) when you take everything personally and internalize everyone's behaviour. You get better at knowing what you want and need," Poehler writes.

Losing big awards: Poehler has won a Golden Globe and MTV Movie Award, but

she's been a loser, too. What's it like when the camera pans to you not winning? Poehler gets honest about how even when you don't want to get caught up in the award show hum, you can't help it and actors that say they don't care are lying. "You spend weeks thinking about how it doesn't matter and it's all just an honour and then seconds before the name of the winner is announced everything inside you screams ... 'GIMME THAT PUDDING!'" Then comes the adrenaline dump, followed by shame." It's so much easier not being famous.

Career counselling: It's only natural to want Poehler's advice on turning your creativity into a career. But *Yes Please* is no *Lean In*. Poehler talks about how important it is to not put your career first: "Your career won't take care of you ... It will openly flirt with other people while you're around," she writes. She compares a career to a bad boyfriend. Poehler says the key to being happy with your career is caring about your work, not the result. "You have to care about how good you are and how good you feel, but not how good people think you are or how good people think you look," she writes.



Amy Poehler on the cover of her memoir. CONTRIBUTED

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first \$2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of \$7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. © / TM RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.



George R.R. Martin's new book, *The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones*, was released this week. THE ASSOCIATED PRESS FILE

George R.R. Martin draws it out for fans

Books. Game of Thrones creator released an illustrated guide to his fantasy world this week — but it's not enough to satisfy waiting fans

George R.R. Martin knows all the signs of Boba Fett Syndrome. Named for the minor Star Wars character who fans demanded to know more about, Boba Fett Syndrome is most acute for any book or film series that has reached a certain level of phenomenon. At that point, minutiae become major.

For Martin, this has meant not just the usual demands for the next *A Song of Ice and Fire* fantasy novel (don't ask, he's still working on it), but constant letters and emails asking for information on everything from dragons to Aegon Targaryen's war against the Seven Kingdoms.

Martin's new book, released this week, is *The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones*, 300 pages of back story and original artwork by some of the world's top fantasy illustrators. He agreed to the companion volume in 2006 and expected it would take just a couple of years. Naturally, it took longer. He intended to write some brief

text to accompany the drawings, but ended up setting down some 300,000 words, more than enough to make his editor's "head explode."

"It was bigger than I anticipated," he said during a recent telephone interview, acknowledging that *The World of Ice & Fire* might have delayed still further the next *Ice and Fire* novel. "I start these things that I think won't take much time and they grow and grow."

Martin said *The World of Ice & Fire* offers material already in the *Ice and Fire* series; material he has long worked out in his mind and on paper, but had never released; and material he invented entirely for the book, such as the section dedicated to lands on the other side of the Narrow Sea. (Fans of Tyrion Lannister, be advised: Martin includes little about the character he has called his favourite. He's saving that for future books).

Time spent working on *The World of Ice & Fire* also means time spent on publicity, and on Sunday the resident of Santa Fe, New Mexico came to New York and appeared before hundreds of fans at Manhattan's 92nd Street Y. Dressed all in black — black corduroys, black shirt, and black vest set off by his white hair and beard — he was interviewed on stage by Salon.com critic Laura Miller and responded to written questions from the audience.

Martin, 66, has completed

Quoted

"I start these things that I think won't take much time and they grow and grow."

Writer George R.R. Martin, on taking his time with the creative process.

five of seven planned novels: The most recent, *A Dance With Dragons*, came out in 2011, the same year the Emmy-winning HBO adaptation *Game of Thrones* first aired. Martin said Sunday that one challenge is keeping track of so many characters and events spread out over thousands of pages. Like a filmmaker hiring a continuity director, he works with longtime *Ice and Fire* experts Elio M. Garcia, Jr. and Linda Antonsson, who run the fan site *westeros.org* and are credited as co-authors of the new book.

"They displayed, right away, an almost obsessive knowledge of my world. In fact, I had to alter my world because of that obsessive knowledge," Martin said, noting that they had caught errors in his work.

A native of Bayonne, N.J., Martin loved comic books and writing as a kid, and by high school had won an award for a superhero story. He has been publishing books since the 1970s and began his *Ice and Fire* series in the 1990s, intending to write a trilogy.

THE ASSOCIATED PRESS

WATCH VISIONTV & WIN



**WATCH MURDER SHE WROTE
& COLUMBO AND WIN A TRIP
FOR 2 TO "INVESTIGATE"
AMERICA!**

Weekdays at 8 & 9PM AST

Answer the daily case question and enter
to win a 4-night trip for 2 to Boston from
Flight Centre

visiontv.ca/investigateamerica

**Bell Aliant 64 | Eastlink 123
Bell Satellite 261 or check your
local listings**



FLIGHT CENTRE®
The Airfare Experts

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Jennifer Lawrence GETTY IMAGES

Double-rebound is over for JLaw and Chris Martin

So, Jennifer Lawrence and Chris Martin? Not so much dating anymore, at least not according to E! News. I mean, you know what they say about rebound relationships, right? And technically this one was a double-rebound, what with Martin recently being consciously uncoupled

from Gwyneth Paltrow and the corporate offices of Goop Enterprises, plus Lawrence splitting (again) from adorable X-Men co-star Nicholas Hoult. Now then, to the details: "Jen is the one who broke it off with Chris," a source with a knack for stating the obvious tells People magazine.

The Word



Women are from Venus and Gene Simmons is from prehistory



NED EHRBAR
Metro in Hollywood

I thought it had been a while since we'd had an installment of Gene Simmons: Quote Machine, but fear not! The Kiss frontman is back with a real doozy. He recently popped up on Fox News' Trending with Andrea

Tantaros, and this time he's speaking directly to the ladies in the audience. "Life is not a straight line and I'm here to say women think differently than men. Men must work for a living. Women have the option of becoming the housewife, which is respectable and wonderful, but what happens when the man runs away?" Simmons opines. "Don't depend on them. Why should you? They don't depend on you for anything. The less you depend on a man for emotional and financial support, the better off you'll be." So let's all stop depending on each other and start making that money, right? Sun's out, tongues out, y'all.



Katy Perry GETTY IMAGES

Swiftly always knew Katy was trouble and just can't shake it off

That feud between Katy Perry and Taylor Swift is reportedly so serious that it might cost a prominent tour director some work. Baz Halpin has handled the direction and production design for a number of tours for both Perry and Swift, but now that Perry has been tapped for the next Super Bowl Halftime Show and

asked Halpin to join her, Swift is fuming, according to Radar Online. "She got word of Baz agreeing to do the show for Katy, and Taylor has flat out said she will not hire him ever again for any performance or tour if he goes ahead with his decision," a source says. "Katy got word of Taylor's 'ultimatum' and found it quite amusing."

WATERBERRY
PARK

Welcome home!

LOTS AVAILABLE

CALL 902.832.1000 TODAY



A DEVELOPMENT OF



EMBRACING NATURE. ENJOYING LIFE.

TheParksofWestBedford.ca

How-to

Plan a last-minute trip

1. A travel agent can really come through with ideas and/or deals. Ask around if you don't have one.
2. Any friends living overseas you'd like to visit? Relatives? That work colleague who moved to Tokyo might love to see you — and would be a great tour guide.
3. Think off-season and off-the-beaten track; both will be less expensive and perhaps a bit more of an adventure. There are far worse places to be than Venice in November.
4. Research the weather to avoid rainy seasons, overpowering heat or other acts of God.
5. Avoid rationalizing overspending. Set and stick to a budget.

DOUG WALLACE/METRO

Trend

The end of 'all work and no play'

Adding a few personal days to your work trip is becoming the norm for Canadian business travellers. Corporate travel heavyweight Vision Travel is calling this trend the Bleisure market, citing a recent Google Travel study that found that more than half of U.S. business people extend work trips to relax, soak up the culture of the destination or bond with colleagues at a hockey game. The boss doesn't mind because his extra costs are minimal and he gets a happier employee. Win-win. **TEXT: DOUG WALLACE, PHOTO: VISION TRAVEL**



New

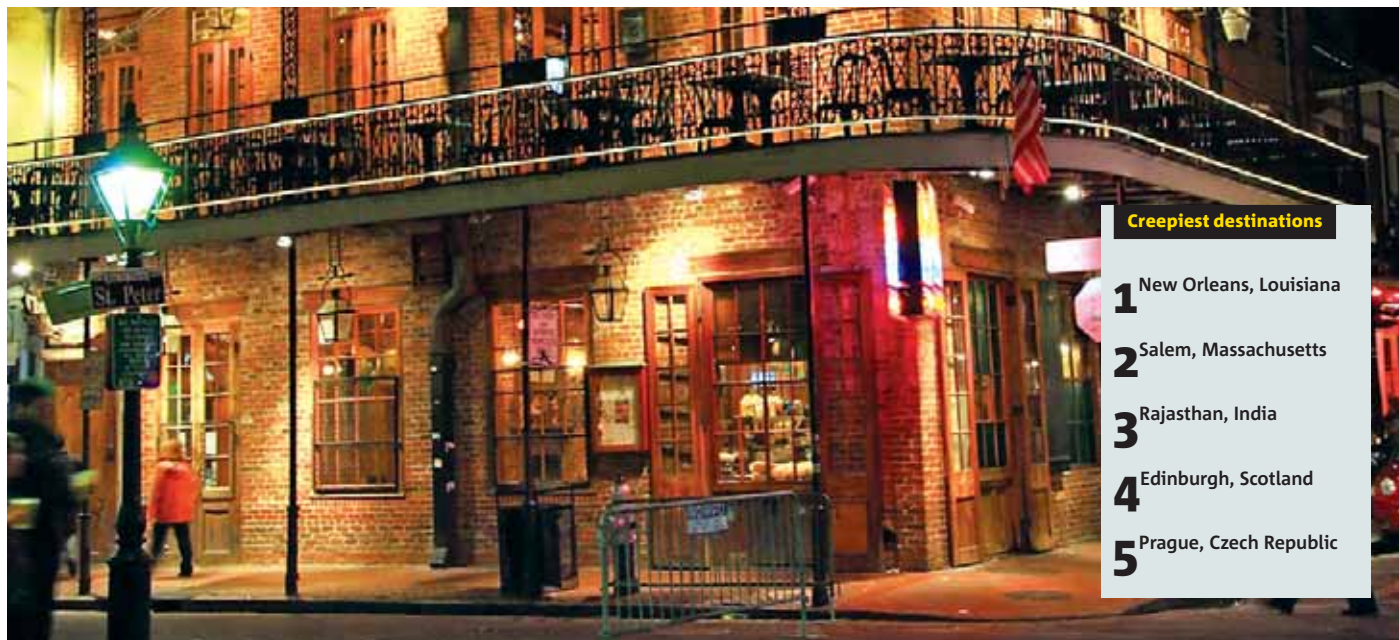
Why cycle when you can e-bike?

Butterfield & Robinson has announced a new five-night electric-bike tour through Switzerland from Lausanne to Interlaken for next summer. The daily routes are anywhere from 40 to 50 kilometres, but the Scott E-Venture bikes make this all quite doable, not to mention easy on the quadriceps. The tour includes all hotels (four-star) and meals (including wine), a guide and support van, maps and accessories, events and tours, plus all baggage transportation. From \$7,000. Visit Butterfield.com.

TEXT: DOUG WALLACE, PHOTO: SWISS TOURISM



Get your freak on. Cities to spook you this Halloween



Creepiest destinations

- 1 New Orleans, Louisiana
- 2 Salem, Massachusetts
- 3 Rajasthan, India
- 4 Edinburgh, Scotland
- 5 Prague, Czech Republic

Edinburgh, New Orleans and Rajasthan have been identified as among the most haunting, scariest destinations in the world for getting your chill on for Halloween. The list, curated by Cheapflights.com, shines the spotlight on cities that offer the best "creepy tours around the world," deliciously frightful itineraries that take visitors through cemeteries, prisons, bridges and forts, purportedly haunted by unhappy spirits and shadowy figures of the dead. New Orleans is one of the best places to get your spook on. A New Orleans Ghost Tour presents a striking contrast to the lively music and colour associated with the city, by showing visitors its darker, more sinister side, namely via Madame LaLaurie, a 17th-century socialite known for the brutal torture tactics she used on slaves. The tour also sheds light on the city's vampire past. **AFP**

3
THE

Only **3 DAYS** left!

Make it a *hot* winter

Book by Oct. 31

Save \$300

per couple!



AIR CANADA  **VACATIONS**

Call 1 877 236-6228 or your travel agent
aircanadavacations.com/hotwinter

TICO New bookings only. Subject to availability at time of booking. Offer is subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada or Air Canada rouge. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Holder of Quebec permit #702566. TICO registration #50013537. BC registration #32229. Valid on Air, Hotel & Transfer packages to Mexico and the Caribbean. Valid for travel from Nov. 1, 2014 and completed by Apr. 30, 2015. Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 1440 St. Catherine W., Suite 600, Montreal, QC. Visit www.aircanadavacations.com for up-to-date information.

The sky's the limit in Scottsdale

Arizona. Powerchutes let you channel your inner bird and fly

The enormous fan-like propeller behind the passenger whirs, then begins to howl as the pilot hits the accelerator.

The wheels bump along the gravelly desert and a small jolt tugs on the safety belts as the chute billows into the sky.

A few seconds later, the strange-looking machine lifts off the ground, floating away like a dandelion spore catching the wind. The takeoff of a powerchute is quick, exhilarating, unlike anything you've ever experienced. The actual flight, even better.

"It's the closest thing to being a bird that you can imagine," said Randy Long of Arizona Powerchutes.

OK, we know what you're thinking now: What's a powerchute?

Picture a dune buggy with a massive parachute attached to the back of it, sort of a cross between something the Wright



Want to enjoy the feeling of flying? Visit arizonapowerchutes.com.

PHOTOS: THE ASSOCIATED PRESS

Brothers might have designed and that flying machine from the Mad Max movies.

The front end looks a little like a three-wheeled stroller, the seats set atop an angled frame behind a fat rubber wheel. The two back wheels splay out for support under the passenger. Brackets rise up and out to the sides to support the lines that attach to

the chute, which is essentially a 40-foot version of what skydivers use. Turning is controlled by foot levers that pull on the tension cords attached to the chute.

Yes, it's a little odd-looking.

And, yes, it provides a flying experience unlike any other.

"I had been on a balloon tour before and it reminds me of that in some ways with the setup and you're out there at sunrise," said Laura McMur-



Arizona Powerchute participants can combine powerchuting with a hotel stay and Celestial Picnic from Four Seasons Resort Scottsdale at Troon North.

chie of Scottsdale. "But once you're in the air, it's a little more liberating than being in the balloon with 10 other people. It's just you and the pilot and they do everything from skimming, where you're low to the ground and skimming the terrain basically,

and then they go up quite high in that contraption."

Arizona Powerchutes, which also offers hot balloon rides, has a 30-minute introductory flight for \$289 per person, and has training packages available.

THE ASSOCIATED PRESS

Bucket list



The Whitsunday Islands, Australia

You owe it to yourself to experience the heart of the Great Barrier Reef, and by far the best place to do that is the Whitsundays. This group of 74 islands three-quarters of the way up the east coast of Australia in Queensland is one of the most popular yachting spots in the southern hemisphere — and one of the most romantic. Drink it all in at a luxury villa on the hub of Hamilton Island, at a quiet resort on one of the eight islands that accommodate them, or while camping and kayaking your way through the Ngara Sea Trail Great Walk. Air-, water- and land-based tours are plentiful. Visit TourismWhitsundays.com.au.

DOUG WALLACE/METRO

ARRRR...

YOU READY FOR ADVENTURE

500+ TOURS

IN 11 GORGEOUS ISLANDS

PROMO CODE

Get Up to

35% OFF

BOOK NOW

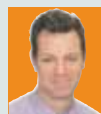
1-800-768-8370

VOTED CARIBBEAN'S #1 Tour Company

ISLANDROUTES.COM

England

Walk the bloody trail of Jack the Ripper



ON THE MOVE
Loren Christie
lif@metronews.ca

Our guide Simon Law warned the group that descriptions of the killings would be gruesome. But it had been six months since someone had fainted on him. Thus began my Jack the Ripper walking tour through the dark corners of the Old City of London, and the city's notorious East End.

The tour is a fascinating snapshot of London during a time that has been immortalized through the writings of famous authors like Charles Dickens and Arthur Conan Doyle. At the end of the Victorian era, the gritty and impoverished East End of London, cloaked in coal smog from rapid industrialization, is juxtaposed against images of the opulent excesses of the wealthy. Walking the narrow streets, Simon painted a picture of darkness and gloom. About 80,000 women, many of whom had lost their husbands and fallen on hard times, had turned to prostitu-



The dark, creepy streets of London's East End. COURTESY: JACK THE RIPPER WALK

tion. The only brief escape was to turn to drink, which in those days meant cheap gin. The highest echelons of society would flit across the divide from the City of London to entertain themselves in this den of debauchery.

Against this backdrop in 1888, Jack the Ripper murdered five prostitutes. Each of them was gutted and brutally dissected. He crept in the shadows, leaving dead bodies and no clues. The police at the time were confounded, narrowing their investigation to 200 suspects — including the Free Masons, the Queen's sur-

geon and the Prince of Wales. Even though there have been many theories (the most recent published last month claimed that the Ripper was a Polish émigré named Aaron Kosminski) there is still no definitive answer.

Chuck Dryer has taken the tour four times.

"It's one of the few famous unsolved mysteries in the world. It's macabre. It's irresistible," he says.

London Walks' Jack the Ripper tour starts at the Tower Hill tube station and ends in front of the Christ Church, Spitalfields.

A roadmap to the realization of dreams

Career. Building a career plan is an exciting and efficient way of pushing your pursuits into high gear

**RIANA
TOPAN**
TalentEgg.ca

You've probably spent quite a bit of time thinking about what you want to accomplish professionally.

If you haven't already put together a personal career plan, it's a good idea to set aside an hour or so and sit down to plot out your short-, medium- and long-term goals. Developing a plan will help you maintain a sense of direction and keep you focused on working towards your end goal, whatever it may be. Your career plan should be well thought-out, realistic and, most importantly, flexible. Don't look at it as a set-in-stone plan for your professional life, but rather as a road map that may grow and change as you move through the world.

The short term: Present to 2 years from now

Start by identifying your immediate goals. Perhaps it's finishing your undergraduate degree with honours, completing 100 volunteer hours or finding an entry-level position in my chosen industry.

Next, get set with detailed steps that will enable you to accomplish each goal.

If your goal is to complete your degree with high academic standing, you might boost your achievement by arranging to connect with your instructors for more extensive feedback, starting a peer study group and setting aside additional time to review your notes.



Rather than being overwhelmed by the options ahead of you, take a moment and bask in the beauty of a blank slate. ISTOCK

Once you've figured out what and how, set down the when. Create a timeline, breaking your plan down into monthly increments to ensure you have enough time to realistically complete each step, and to give yourself a checklist for what you need to finish each month.

Questions to ask yourself:

- How is your short-term plan going to help you achieve your end goal?
- Which factors of your plan are within your control? Which are outside of it?
- What will you do if you are unable to accomplish part of your plan?

The medium term: 2 to 5 years from now

Unlike your short-term plan, it's OK for your goal to be less specific here.

Working upwards to becoming a mid-level manager or supervisor might be one, or pursuing a postsecondary de-

gree in marketing.

In a medium-term plan, having an overall sense of the steps you might take is key. Identifying this information early will help you keep your short-term plan up to date.

To pursue a postsecondary degree, for example, you would want to set aside time to pursue any necessary prerequisite courses, reinforce your contacts with relevant references and even plan to set aside money to cover the cost of tuition and relocation, as appropriate.

Next, build your timeline using periods of six to 12 months. Take into account time-based factors you can't control, like application deadlines, necessary years of study and so on.

Questions to ask yourself:

- Is each part of your plan directly relevant to your goals?
- What will you do if your plan doesn't work out? Do you have a backup plan?
- Can you anticipate any per-

The long term: 5+ years from now

This is a place to identify your "big goal" — Where you want to be professionally after spending years on your career.

A big goal might be owning and operating your own business, working as an environmental consultant with a specialization in sustainable agriculture, or publishing an industry handbook about the role of diversity in the workforce.

Here, you'll want to build on the path you've planned in your short- and medium-term reflections. Assuming many (or all) of your plans in those areas

are successful, ask yourself how you'll be better equipped to pursue these lofty career ambitions.

For example, owning and operating a business will call for significant financial resources. If you have major purchases like property, a car, or extensive travel as some of your medium-term goals, you may have to re-evaluate.

Build a timeline using five-year blocks for 5+, 10+ and 15+ years from now. Putting your major long-term goals in perspective will help you understand the steps you need to

take today — and tomorrow.

Questions to ask yourself:

- Where do you expect to be financially, physically, emotionally, etc. in 5+ years? What else do you hope to accomplish, outside of your career, in the long term? What are some potential changes in your desired industry that could affect your career or your ability to compete in the job market?
- Do you have a second career choice in mind that you will have access to as an alternate option?

sonal or professional conflicts that might complicate your plan?

Once you've created your career plan, don't forget to revisit it regularly to check in with your goals, make changes as needed and ensure that you're following the time-

lines you set for yourself.

Remember that this is just a plan — although it's great to be prepared and to know what you want to achieve, it's impossible to plan out every detail of the future.

You'll be much better off if you're able to adapt to challenges as they arise and take

advantage of new opportunities that come your way, without losing sight of what's important to you in the long run.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.



DAS PEOPLE WANTED.

**CREATE
YOUR LEGACY
WITH A BRAND
THAT BECAME
AN ICON.**

Steele
VOLKSWAGEN

Steele Volkswagen is hitting new sales records every month. We are seeking Sales Representatives for our high volume, high demand store in Dartmouth, NS. Do you want to reap the rewards that come with German Engineering?

We are looking for the highest quality people to represent this high quality dealership and the VW product line.

Our new and used sales departments are looking for candidates that want to be successful...today and in the future. Steele Volkswagen already has a strong, loyal customer base that continues to grow. Successful sales representatives will start by servicing the current needs of current customers and grow to manage your own 'business within this business'. There is plenty of opportunity at Steele Volkswagen to use your skills and earn a great living.

If you're tired of the typical sales job grind; if you're tired of not being rewarded for your time and talent; if you're tired of only making \$40,000 a year, then you need to talk to us.

We offer all of the perks that come with working for a large company - guaranteed training income, medical, car allowance and a company RRSP program to name a few. Bring us your talents and we'll give you opportunity.

Please forward your resume in confidence to amacphee@steeleauto.com

Look forward to meeting!

metr

WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...

Download the Metro News App today at metronews.ca/mobile

NOW HIRING *Distribution Specialist - Courier for Halifax Branch*

Competitive wages, great benefits, full time hours and a culture of promote from within are just some of the reasons to join The Printing House Limited™.

The ideal candidate will:

- Have clear verbal and written communication skills
- Be extremely well organized and attentive to detail
- Be familiar with Halifax and surrounding area
- Have previous customer service experience
- Able to produce a clean driver abstract

TPH THE PRINTING HOUSE

Apply today at TPH.CA/careers

Post-Halloween Snack. Creamy Kiss Dip & Apples



This recipe makes 12 bars. EMILY RICHARDS

This is a twist on everyone's favourite caramel apples. But you just dunk wedges and enjoy. You can also refrigerate the dip until it's cold and use it as a cake filling.

1. Place caramels and kisses in saucepan with cream and melt over low heat. Stirring occasionally, melt mix until smooth.

2. In a large bowl, beat cream cheese until smooth. Slowly add kiss and caramel mixture into cream cheese while beating until smooth. Beat in van-

illa. Serve with apple or pear wedges, strawberries or cookies. EMILY RICHARDS

Ingredients

- 12 caramels, unwrapped
- 10 Halloween kisses, unwrapped
- 1/4 cup (60 ml) 5% light cream
- 1/2 cup (125 ml) light cream cheese, softened
- 1/2 tsp (2 ml) vanilla
- 4 apples, cored and cut into wedges

Graveyard Goop. This dish is ideal for little goblins or big zombies who will Monster Mash at your get-together



DINNER
EXPRESS
Emily Richards
food@metronews.ca

Have fun this Halloween and create a dip that is ghoulishly delicious. Black beans are made into a creamy dip with a hint of cumin and garlic to keep away any truly scary monsters. But-tering the flour tortillas will give your tortilla dipping tombstones a special taste.

1. In a food processor, purée black beans until fairly smooth. Add cream cheese, onions and cumin until combined. Spread into 9 or 10 inch (23 or 25 cm) pie plate and sprinkle olives in centre. Sprinkle lettuce around edges. Cover and refrigerate 30 minutes.

FLASH FOOD



From your fridge
to your table in
about 30 minutes
or less

Ingredients

- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1/2 cup (125 ml) cream cheese, softened
- 1/4 cup (50 ml) finely diced onions
- 1/4 cup (50 ml) 5% cream
- 3/4 cup (175 ml) shredded cheddar cheese
- 1 large clove garlic, minced
- 1/2 tsp (2 ml) ground cumin
- 1 can (200 ml) ripe sliced olives, drained and rinsed
- 1/2 cup (125 ml) shredded romaine lettuce or baby spinach
- 4 small whole grain tortillas
- 1 tbsp (15 ml) butter, melted

2. Meanwhile, cut out ghostly shapes like tombstones, cats and pumpkins out of flour tortillas. Brush with butter and place on baking sheet. Bake in 400 F (200 C) oven for



This recipe makes 2 1/2 cups (625 ml). EMILY RICHARDS

about 8 minutes or until just golden. Let cool completely.

3. Place some of the toasted

tortillas into the dip to create a graveyard scene and serve remaining tortillas alongside.

SEE NOW
PAY IN 2016[†]

\$0 / \$0 / 0%
down payments interest

LASIK MD
VISION

Starting at \$490 per eye*

Book a free consultation at
1-866-999-0435 or lasikmd.com

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 15, 2015. Cannot be combined with any other offer or discount. Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

metro

Your Neighbourhood: CLAYTON PARK

Wednesday, October 29, 2014



Lacewood Drive has become the commercial centre of the Clayton Park area. TOM MASON/FOR METRO

Accommodating more users

Growing community.

New bus terminal and proposed dog park are only a small part of Clayton Park developments

TOM MASON
For Metro

A new Metro Transit terminal set to open next spring will make the Clayton Park area

even more appealing to commuters, says the HRM councillor who represents the area. Russell Walker says that the new terminal on Lacewood Drive near the Canada Games Centre will provide another level of public transit accessibility for the many residents of Clayton Park who work in the downtown core.

"It's going to be a very impressive facility," Walker said. "It will have bays for 12 buses at once and a place — I call it a convenience store — where commuters can buy

bus tickets and other things."

The terminal will also include an outdoor platform where passengers can wait, a small building for transit staff and interior passenger space with amenities.

"It's going to make getting downtown even easier," he said.

The new transit hub, expected to cost around \$8 million when it is completed in May 2015, was put on the municipality's books when it became apparent that the existing terminal at the cor-

Running free

"If it is built it would be enclosed by a fence so that the dogs could run free."

Coun. Russell Walker
Said of the proposed dog park in Clayton Park

ner of Lacewood Drive and Willett Street was too small to accommodate the growing number of transit riders in Clayton Park.

Walker says the site of the new terminal is ideal, given its close proximity to the

Mainland Common, Halifax West High School, The Keshen Goodman Public Library and the Canada Games Centre.

A proposed new dog park is the other community infrastructure project in Clayton

Park that Walker is currently tracking.

The park would replace the Africville off-leash dog park that is in the process of being decommissioned. It has been proposed for a one-hectare piece of land on the Mainland Common near the end of Westridge Drive.

"If it is built it would be enclosed by a fence so that the dogs could run free," Walker said. "I've been getting a lot of calls about it. There's a lot of support for it in the community."

DIANA WHALEN

MLA CLAYTON PARK WEST

(902) 443.8318

dianawhalen@gmail.com

'Like' Diana Whalen

@DianaWhalenNS



November Special!
Two Piece Fish and Chips
ONLY \$7.50 plus tax

287 Lacewood Dr., 902-443-4143

COUNCILLOR RUSSELL WALKER
DISTRICT 10

COUNCILLOR REG RANKIN
DISTRICT 12



halifax.ca

311

Indoor centre develops players

Training facility. The ability to train year-round gives players a huge advantage, says Soccer Nova Scotia CEO

TOM MASON
For Metro

As athletic facilities go, the Soccer Nova Scotia Training Centre (SNSTC) in Clayton Park is one of the best in Nova Scotia.

The \$10-million indoor sports complex provides a venue for year-round training for soccer and other sports along with the capacity to accommodate special events and tournaments.

The SNSTC has quickly become the epicentre of soccer in the province; at the same time, it's also a fitting tribute to the man who has been instrumental in developing the sport in Nova Scotia over the last two-and-a-half decades.

George Athanasiou took over the helm at Soccer Nova Scotia 26 years ago.

As the organization's CEO, the former player and coach took a leadership role in the sport, helping to elevate Nova Scotia to one of the premier soccer venues in the country.

Under Athanasiou's leadership the number of registered players in the province grew to around 27,000 players from around 4,000.



Soccer Nova Scotia CEO says hockey players use soccer as a form of cross-training during the summer. CONTRIBUTED

By the numbers

27,000

Nova Scotia has the second highest number of registered soccer players per capita in Canada. Under George Athanasiou's leadership at Soccer Nova Scotia, the number of players has increased to around 27,000 players from around 4,000.

Today, Nova Scotia has the second highest number of registered soccer players per capita in Canada.

Athanasiou also spearheaded the development of Soccer Nova Scotia's Clayton Park facility.

He says the multi-pitch indoor centre is a vital piece of infrastructure for developing Nova Scotian players.

"If we're going to take the game to the next level, if we're going to develop players who can compete on a

national and international level, they have to be able to train year round," he said.

Last year, 7,300 players signed up to play winter soccer in Clayton Park and at four other Soccer Nova Scotia facilities located in Sydney, Stellarton, Bridgewater, and Kentville.

Athanasiou says the old idea that soccer has to com-

pete with hockey for players in Canada is false.

He says the two sports complement each other perfectly, with many young hockey players signing up for soccer as a way to train during the off-season months.

But since the Clayton Park facility was built, players don't need to worry about training throughout the winter.

TURN BACK TIME

starting at
\$99

Facial Tightening
Stretch Mark Reduction
Double Chin Reduction



before

actual client



after

"I didn't think it was possible to look so young again. I was able to see and feel a change right after the very first treatment... and the wrinkle reduction has lasted. TriPollar® was easy and pleasant... and I look and feel great!"
Jane Ehrlich

TriPollar™
Treatments



before

actual client



after

902-407-7223 • totalbodylaser.ca
30 Farnham Gate Rd, Rockingham Ridge Plaza, Clayton Park

FOR VALUMAX CARDHOLDERS

\$3 off

EVERY
THURSDAY
ON
**SUPREME
CAR WASH**
UltraWASH

Clayton Park Corner Store
280 Lacewood Drive





The Canada Games Centre has become a training facility for athletes throughout HRM and beyond. TOM MASON PHOTOS



The Canada Games Centre's aquatic centre has become the main venue for swimming and diving training in HRM.

Centre makes a splash beyond Clayton Park

Athletics. Site will be introducing cricket and pickleball with its winter program guide

TOM MASON
For Metro

In three short years, the Canada Games Centre has been making an impact on Nova Scotians that goes well beyond the Clayton Park community where the facility is based. The centre has become the main training facility for the Nova Scotia paralympic team, including wheelchair distance

athlete and Rio hopeful Ben Brown, who drives to Clayton Park from his home in Wolfville everyday.

"We've also developed an excellent diving program," said Maria McGowan, the Canada Games Centre's manager of marketing and sponsorship. "We've really become the centre of the sport of diving in Halifax."

McGowan notes that Amanda Layton-Malone, the head coach of the diving club, recently won the Progress Women of Excellence Award for Health Sports and Wellness. "We're very proud of her. She has really built our diving program from scratch."

The Canada Games Centre diving club features a unique weekly drop-in night where members of the public can come in and try the sport for themselves.

McGowan said that anyone who hasn't visited the Canada Games Centre yet can take advantage of the upcoming open house on Nov. 29 from 3-6 p.m.

"We're encouraging families to come in and demo the centre free of charge. We'll have a representative from the water polo club giving a demonstration, and a large play feature set up in our field house."

Some new sports will also

be on the bill this winter when the Canada Games Centre launches its winter program guide in December. "We're going to be introducing cricket this year," McGowan said.

The facility will also be presenting the sport of pickleball, a racket game similar to tennis that uses a lower net.

Built for the 2011 Canada Games in Halifax, the Can-

ada Games Centre features a 52,000-square-foot field house, multi-sport gymnasium courts, an aquatic centre, 200-metre indoor running track, fitness centre, and other facilities.



TK Barnard Funeral Homes Ltd.

**Family owned
and operated
since 1986.**

You will find us to be honest
and very professional. Call
us today to discuss your
Funeral Service needs.

902-457-5999

We have 2 convenient locations:
3460 Dutch Village Rd.,
Halifax

85 Sackville Cross Rd.,
Lower Sackville



Jeneen Williams
Funeral Director/ Operational Manager
for Halifax location

Open 7 days a week, 24 hours a day



**Park
West
Dental
Office**

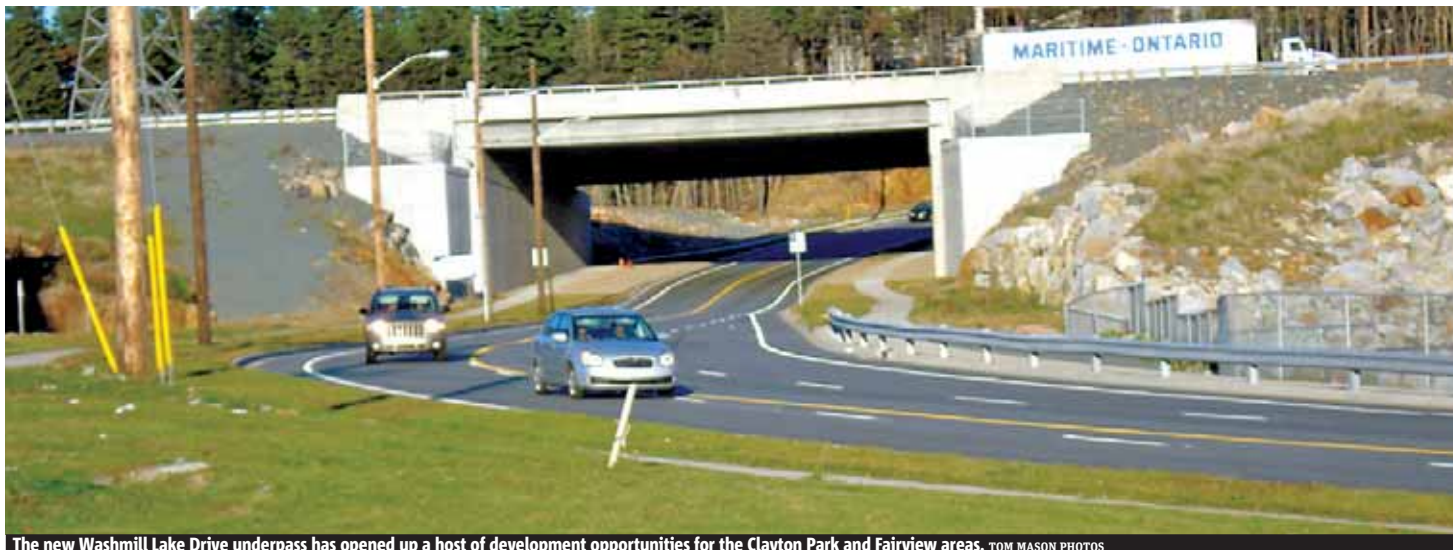
**Achieve
your
Optimal
Dental
Health**

118-287 Lacewood Dr.
Park West Mall
attached to Sobey's

457-7787

**NEW PATIENTS
WELCOME**

- Cosmetic & General Family Dentistry
- Featuring ZOOM!® Advanced Power® 1 Hour Whitening
- Invisalign
- Direct Billing of Most Insurance Plans
- Evening Appointments Available
- Ample Free Parking



The new Washmill Lake Drive underpass has opened up a host of development opportunities for the Clayton Park and Fairview areas. TOM MASON PHOTOS

Washmill drives growth

Underpass.

Washmill Lake Drive is a catalyst for development

TOM MASON
For Metro

When Washmill Lake Drive and its underpass under Highway 102 opened three years ago, the \$16-million project that connected the communities of Clayton Park, Fairview and Bayers Lake was touted as a major catalyst for new development in the area. Today, that prediction appears to be true. Several major construction projects are under development near the underpass that was originally designed to create a third entrance into traffic-clogged Bayers Lake Park.

Earlier this month, WM Fares Group of Halifax became the latest developer to stake a claim in the Washmill

Lake Drive area when it announced plans to build a mixed commercial and residential development near and the Mainland Commons. The development would include more than 1,000 apartment and townhouse units and around 164,000 square feet of commercial space — a community that could become home for about 2,300 people over the next decade.

WM Fares has applied to Halifax Regional Municipality for a development agreement for a 19-hectare site on lands that were formerly part of a Fairview golf driving range. The agreement would likely be subject to a community consultation process before it is approved by HRM.

The initial plan calls for an extension of Regency Park Drive in Clayton Park through to Washmill Lake Drive. It would include 11 multiple-unit buildings ranging in height from five to 12 storeys and 16 townhouse blocks. The



The area around Washmill Lake Drive is one of the fastest growing neighbourhoods in HRM.

neighbourhood would also include office space, retail shops, services, restaurants and a little less than two hectares of parkland.

According to HRM development documents, the applica-

tion for a development agreement is under review by city staffers, with a public information session expected to be held before the end of the year. The agreement would likely be issued in two stages with Stage

1 outlining the development of new street layout and zoning, and Stage 2 presented as a detailed site plan for the area.

WM Fares Group hopes to start initial infrastructure work on the project in early 2015.

Residential and retail space coming

For generations, the Sisters of Charity Motherhouse, at the edge of Mount Saint Vincent University, was home to an order of Catholic nuns. Soon, the 25-hectare property will be the site of a unique project developed by Southwest Properties Ltd.

The property that has been owned by the Sisters of Charity congregation since 1872 was recently acquired by the Halifax-based developer.

The mixed-use development is expected to include single-family homes, townhouses, apartments and condominiums. Five per cent of the units will be dedicated as low-income housing. Southwest Properties also says it plans to develop a large amount of retail space similar to Bishop's Landing on the Halifax waterfront — another Southwest-owned property. In August, well-known retailer Pete Lockett of Pete's Fine Foods announced that he would be building a 20,000-square-foot grocery store on the property.

The company also plans to develop a recreation centre and other community amenities. When it is completed it is expected that there will be about 4,000 people living in the development. Initial plans also call for an environmentally friendly Leadership in Energy and Environmental (LEED) certified design. Construction of the \$500-million project is expected to begin in 2015 and take 10 years to complete.

TOM MASON/FOR METRO

Personalized Support and Services

- Professional Knowledge & Advice
- Accu-Pak Bubble Packaging
- FREE Delivery Service
- Health & Wellness Events

The Medicine Shoppe PHARMACY

Join us at The Medicine Shoppe Pharmacy for a **FREE Hearing Assessment Clinic**

Wednesday, Nov. 27th
9:30 am to 12:30 pm

Please call the pharmacy at (902) 406-4110 to book your appointment.

(902) 406-4110
Clayton Park Plaza
70 Lacewood Dr.,
Halifax

Jamie Flynn
B.Sc. Pharm.
Pharmacist/Owner

Hours of Operation
Mon, Wed & Fri: 9:30 am - 5:30 pm
Tues & Thurs: 9:30 am - 7 pm
Sat, Sun & Holidays: 10 am - 3 pm

Find us on Facebook

Book your flu shot TODAY!
Call for details.

Curves

JOSEPH HOWE
3514 Joseph Howe Dr., Halifax, NS
902-444-3644

Curves on Joseph Howe is now under NEW OWNERSHIP
Mention Metro and your first month is free!

The ins and outs of District 10

Unique area to live.

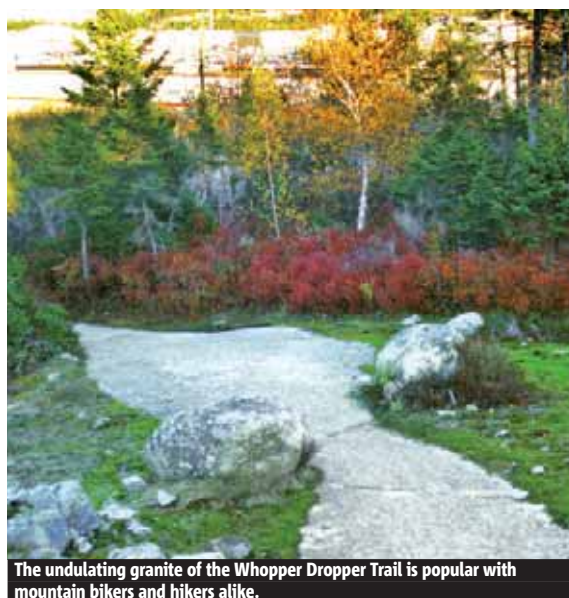
Large group of neighbourhoods and each is distinct

TOM MASON
For Metro

One of the hardest parts of Russell Walker's job may be co-ordinating the complex collection of neighbourhoods that he represents. The district that follows the shore of Bedford Basin from Fairview to Princes Lodge is a hard one to put in a neat package.

But whatever you do, don't call District 10 "Clayton Park," said the longtime HRM councillor.

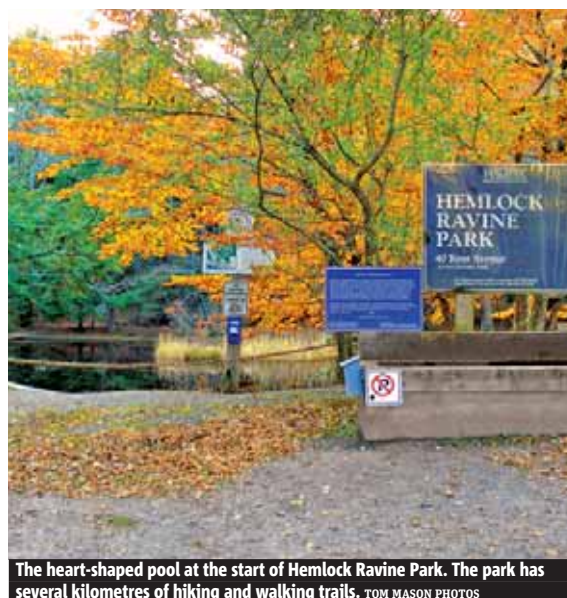
"The problem is that the media tends to portray the whole area as Clayton Park, but that's really just the largest part of the district," he said. "We're a large group of communities. Rockingham, Princes Lodge, even parts of Fairview get lumped in with



The undulating granite of the Whopper Dropper Trail is popular with mountain bikers and hikers alike.

Clayton Park when the area comes up for discussion. District 10 actually covers about eight or nine neighbourhoods, and each one of them has its own distinct identity."

Whatever you decide to call it, Walker says his district is one of the best communities in HRM to live and raise a family. He has lived in the area for more



The heart-shaped pool at the start of Hemlock Ravine Park. The park has several kilometres of hiking and walking trails. TOM MASON PHOTOS

than 40 years, working as a teacher in the community since 1972. "It's a very unique part of HRM," he said. "There's no other community like it in the city."

While the Clayton Park area has a distinctive suburban sensibility, it is just a short commute from peninsular Halifax — connected to the city by the Bedford High-

Transformation

"They are really transforming our community."

Coun. Russell Walker
Said of the latest projects that are shaping the development in his area.

way, the Bicentennial Highway and Dunbrack Street. At the same time, the community is amenity-rich, with the new Canada Games Centre, the Mainland Common, the Keshen Goodman Library, the Mainland North Linear Parkway and Soccer Nova Scotia's indoor training facility at its heart, and the shops of Bayers Lake just minutes away.

Walker says several new developments in District 10, including projects at the site of the Mount Saint Vincent Motherhouse, the old Halifax West High School lands, at Rockingham South, and along Dutch Village Road, are going to have a dramatic impact on the area over the next few years.

RPW SHOCKWAVE Therapy

available at

KEY Physiotherapy & Rehabilitation Centre

RPW Shockwave Therapy is a non-invasive treatment used to promote healing. With virtually no side effects, this treatment method stimulates the healing process by reducing pain and increasing circulation.



Innovative & Effective

Therapeutic shock waves were introduced as a medical treatment for eliminating kidney stones 20 years ago. Today Shockwave technology is used on millions of people around the world to treat a wide range of musculoskeletal and soft tissue disorders.

Benefits

1. Non-invasive, painless treatment
2. Promotes the body's own natural healing process
3. Minimal side effects

Conditions Treated

1. Plantar Fasciitis, heel pain/spur
2. Tennis Elbow, Golfer's Elbow
3. Jumpers Knee
4. Achilles Tendinitis
5. Shin Splints
6. Frozen Shoulder
7. Muscle Strains & Spasm
8. Scar tissue treatment
9. Rotator Cuff Tendinitis

If you think Shockwave Therapy may be a solution for you, please contact us for an appointment:



KEY
PHYSIOTHERAPY
& REHABILITATION CENTRE

3480 Joseph Howe Drive, Suite 103
(902) 422-1555
Email: info@keyphysio.com
www.keyphysio.com

PETS UNLIMITED

Proudly
Canadian

Your Source For
All Things Pet



WE HAVE CANADA'S
**BEST PET FOOD
LOYALTY PROGRAM**

IT'S SO SIMPLE!

Buy 10 bags of any dry dog or cat food and **GET 1 FREE!**
Pick up your free Elite Loyalty Card today!



PETS UNLIMITED BAYERS LAKE
215 Chain Lake Drive, Halifax
902.450.7387 • www.pets-unlimited.ca



CLIP & SAVE COUPON

\$10⁰⁰ OFF
YOUR NEXT PURCHASE
OF \$50 OR MORE

Coupon must be presented at time of purchase to receive discount. Limit one coupon per customer. Cannot be combined with any other store coupon or used towards the purchase of Gift Cards. Expires January 31, 2015. Cashier: Treat as line discount.

PETS UNLIMITED

One of the original businesses in Bayers Lake Park!

Popular local trails

Clayton Park is blessed with many hiking opportunities. Here is a list of some of the popular trails in the area:

Mainland North Linear Parkway

The Mainland North Linear Parkway is a four-kilometre walking trail that winds through the entire Clayton Park community. The trail started as a power line corridor and has recently been developed into a popular active transportation route and greenway that connects the Mainland Common and Washmill Lake Drive with a number of walkways and paths, joining together the many neighbourhoods of the Clayton Park area.

Geizer Hill Trail

The Geizer Hill Trail begins at 60 Greenpark Close and winds through a mixed forest near Bayers Lake Park and the Washmill Lake Drive underpass. It's a beautiful and easy to moderate hike with some relatively steep slopes and a stream crossed by a foot bridge. The trail is popular for people who want

to connect between Halifax West High School and Bayers Lake.

Cabin Lake Trail

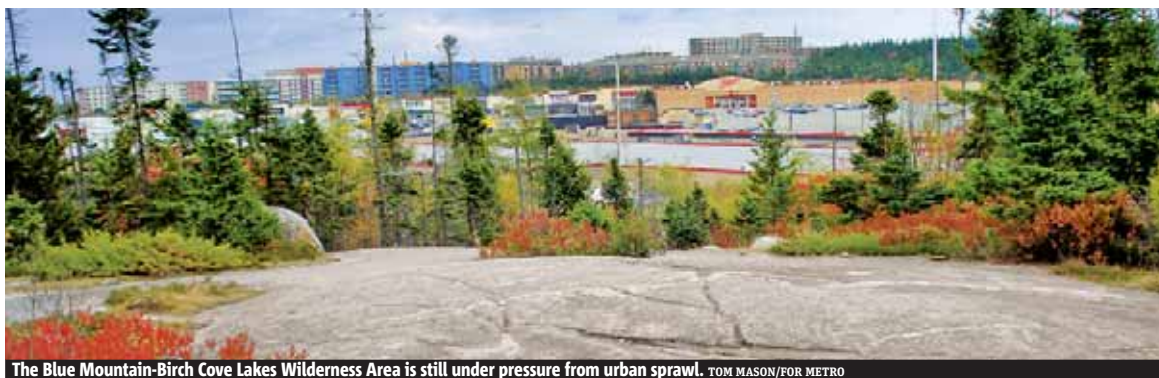
Cabin Lake Trail is a 2.5-kilometre hike with entrances at Starboard Drive and Transom Drive near Larry Uteck Boulevard. The trail is considered to be part of Hemlock Ravine Park although there are no trails that connect the two.

Whopper Dropper

For mountain bikers, the Whopper Dropper is a heart-stopping bike trail complete with undulating granite descents that begins just behind the Burger King in Bayers Lake. The rugged trail is also popular with hikers and is one of the best ways to access the Blue Mountain-Birch Cove Lakes Wilderness area.

Hemlock Ravine

Hemlock Ravine Park is a wooded tract about the same size as Point Pleasant Park. It occupies land that was originally the 18th-century estate of Edward Duke of Kent, the father of Queen Victoria.



The Blue Mountain-Birch Cove Lakes Wilderness Area is still under pressure from urban sprawl. TOM MASON/FOR METRO

Protected nature area under threat

Wilderness. Popular retreat for canoeists, anglers, hikers and mountain bikers

TOM
MASON
For Metro

The Blue Mountain-Birch Cove Lakes Wilderness Area lies at the centre of a paradox: The triangular-shaped wilderness area's greatest appeal may also be the greatest threat to its very existence. Birch Cove Lakes is one of the most accessible

wilderness areas in the province — just minutes away from downtown Halifax and easily reachable by Metro Transit bus. But urban sprawl from the city may eventually spell the downfall for the protected area that includes barrens, wetlands, deep Acadian forests, and a chain of navigable lakes.

On Earth Day 2009, the government of Nova Scotia signed a law permanently protecting 3,242 acres of the Blue Mountain-Birch Cove Lakes Wilderness from urban development. But that legislation may not be enough for the newly-protected wilderness, according to the

Canadian Parks and Wilderness Society (CPAWS). For one thing, the provincial legislation only protects about two-thirds of the area, leaving the rest of the wilderness vulnerable to the steady encroachment of urban sprawl. The government of the Halifax Regional Municipality has committed to purchase and protect private lands adjacent to the wilderness area, but so far it has not followed through on that commitment.

That the Birch Cove Lakes Wilderness even exists is something of a minor miracle. For decades the area was a popular retreat for canoeists, anglers,

hikers, and mountain bikers, but by the 1980s it was being squeezed by development — at Bayers Lake, Timberlea and Hammonds Plains.

In 2011, HRM council began discussions on saving the Whopper Dropper, a popular mountain biking and hiking trail at Bayers Lake that provides access into the Birch Cove Wilderness.

The trailhead is located in one of the fastest growing parts of the Bayers Lake Business Park on land that is slated for development. Since then a petition has circulated calling for preservation of the trail.

Are you always tired?



Poor sleep affects many Canadians of all walks of life. People don't always recognize they have an issue since they are partly asleep during disruptions such as sleep talking, teeth grinding and snoring. If you find yourself snoozing in front of the TV or drifting off at work on a regular basis, it may be time to get tested.

You can achieve a better, healthier sleep with support from The Snore Shop. The Snore Shop offers practical, proven solutions to sleep apnea and snoring problems. Our highly trained staff can help you manage your sleep apnea and follow-up appointments are free for life. Our at home Sleep Studies are available on a walk-in basis without a referral from your doctor.

Book a Complimentary Sleep Test today!

DO YOU CURRENTLY USE A CPAP MACHINE?

You can bring your equipment to one of our Open Clinics for cleaning, inspection and downloads **FREE OF CHARGE** — even if you didn't purchase your machine through us. **SELECT MASKS** will be **50% OFF** during Open Clinics!

UPCOMING OPEN CLINICS

Nov. 1 9am-1pm	Sackville 91 Sackville Drive, Suite 101
Nov. 8 9am-1pm	Clayton Park 30 Farnham Gate Road
Nov. 15 9am-1pm	Dartmouth 35 Baker Drive, Suite 103



Clayton Park: 422-1957

Sackville: 252-5500

Dartmouth: 435-0298



Mooseheads pay their respects to fallen soldier

Honouring the troops.
Ottawa shooting hits home for defenceman Lussier on two fronts



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

For Jesse Lussier of the Halifax Mooseheads, the tragic events that unfolded last week in our nation's capital quite literally hit close to home.

The 20-year-old defenceman is from Petawawa, Ont., a military base town nestled in the Ottawa Valley. As a kid, Lussier bounced around from province to province while his dad served the country as a lieutenant-colonel with the Canadian Armed Forces, including a stint in Afghanistan.

Lussier's brother Zach has served as a trooper with the Royal Canadian Dragoons, while about a half-dozen other family members have also worked in the military over the years. Needless to say, stopping by the National War Memorial with his



Halifax Mooseheads Matt Murphy, Brett Crossley, Timo Meier and Nikolaj Ehlers visit the National War Memorial last week in Ottawa. CONTRIBUTED/JOHN MOORE

Mooseheads teammates last Thursday, a day after Cpl. Nathan Cirillo was shot dead there while on ceremonial guard duty, was a poignant moment.

"I always think about my dad or my brother or my uncle," Lussier said Tuesday evening. "For one, I'm glad

it's not them, but for two, it makes me so proud of what they do."

That's what ran through his mind as Mooseheads players and staff shared a moment of silence at the memorial. They had gone into Ottawa for a team dinner, the night before facing off against the

Gatineau Olympiques.

"I think about that," Lussier said, and "how much they actually do for us."

As a team veteran, Lussier asked his teammates to pay their own respects, reminding them, "Boys, take your hats off."

The following day, Lussier

Herd host Islanders

The Halifax Mooseheads host the Charlottetown Islanders tonight at the Scotiabank Centre. The puck drops at 7 p.m.

returned to the memorial for a ceremony marking the return of guards to their posts, along with fellow defenceman Matt Murphy and forwards Brett Crossley, Nikolaj Ehlers and Timo Meier. They were joined by Prime Minister Stephen Harper and hundreds of Canadian mourners.

Military life "is really all we know," Lussier said of his family, whom he represented at last Friday's ceremony.

"The place where he was killed, that World War I monument, to tarnish that beautiful place, is very, very upsetting not only to my dad and my brother, but everyone in the (armed) forces."

Cole Harbour native Crossley, 16, said being in Ottawa so soon after the murder just outside of Parliament was "a reality check."

"We play hockey, we say we lay it on the line with stuff like blocking shots and doing those little things," he said. "(For) other people, like him, laying it on the line is literally your life on the line, every day."

Nikolaj Ehlers

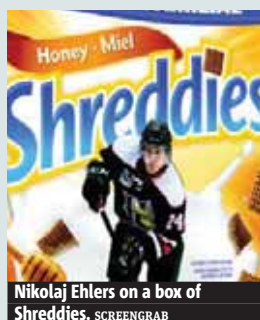
Dashing Dane coming over for breakfast

Want a breakfast date with Halifax Mooseheads forward Nikolaj Ehlers?

Just pick up a box of Honeycomb or Shreddies at a grocery store near you.

The 18-year-old from Aalborg, Denmark, selected ninth overall in the 2014 NHL Entry Draft, is one of 24 players from the Canadian Hockey League being featured in the Post Exclusive CHL Collector's Edition Series this season. The hockey cards can be found on the back of specially marked cereal boxes, also including Alpha-Bits and Sugar Crisp.

Cereal consumers can also



Nikolaj Ehlers on a box of Shreddies. SCREENGRAB

enter a contest that will see the winner receive a trip for four to the 2015 MasterCard Memorial Cup, taking place in Quebec City next May.

"We are proud to bring focus to our student-athletes and rising stars to breakfast tables across the country this season," CHL president David Branch said in a news release.

KRISTEN LIPSCOMBE/METRO

Vuic glad to be 'back on the ice'

Halifax Mooseheads forward Brandon Vuic is relieved to be "back with the boys."

The 19-year-old forward from Hamilton, Ont., rejoined his teammates on the ice for a triple-header road trip this past weekend after sitting out five games as a healthy scratch for disciplinary reasons.

Vuic faces charges of impaired driving and consuming over the legal alcohol limit, and will appear in Dartmouth provincial court Nov. 18 to answer them. Halifax Regional Police arrested him Oct. 7, shortly before 11 p.m., after he allegedly got behind the wheel while drunk and crashed into a parked car on Freshwater Trail in Dartmouth.

For now, he's focusing on hockey.

"It feels great ... (to) get

Supporting their man

Mooseheads general manager Cam Russell has said the QMJHL franchise doesn't condone Vuic's alleged actions, but that "he is a member of our family, and we are working to help him right now."



Brandon Vuic
CONTRIBUTED

back on the ice," he said after practice Tuesday at the Scotiabank Centre.

Vuic didn't disappoint on the scoresheet after putting his Mooseheads jersey back on. He had two assists in Hali-

fax's 9-6 win over the Gatineau Olympiques on Friday night, and scored his team's only goal in a 2-1 loss to the Blainville-Boisbriand Armada on Saturday.

In their third game of the weekend, the Mooseheads suffered a 9-0 loss Sunday to the Victoriaville Tigres.

Vuic said his teammates have supported him "like family" through what he admitted has been a tough few weeks.

"We all stick together, really," he said.

Vuic couldn't comment on the ongoing investigation into what happened that night, but said playing the game he loves again has helped.

"I feel good right now, coming back and just playing hockey again," he said.

KRISTEN LIPSCOMBE/METRO



Royals second baseman Omar Infante slides home safely for one of the Royals' 10 runs in Game 6 of the World Series in Kansas City, Mo. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Royals foil Giants' Game 6 celebration

MLB post-season.

Kansas City returns home to past San Francisco and set up deciding game for World Series title

Lorenzo Cain looped a two-run single and Eric Hosmer chopped a two-run double over shortstop in a seven-run

Game 6	
10	0
Royals	Giants

second inning as the Kansas City Royals battered the San Francisco Giants 10-0 Tuesday night to force a decisive

Game 7 in the World Series.

Pitching with the initials of late St. Louis outfielder Oscar Taveras on his cap, 23-year-old rookie Yordano Ventura allowed three hits over seven innings for his first Series win.

Jeremy Guthrie starts Wednesday night for Kansas City and Tim Hudson for San Francisco in a rematch of Game 3, won by Kansas City 3-2. The 39-year-old Hudson will become the oldest Game

7 starter in Series history.

Lurking is Madison Bumgarner, ready to pitch in relief after stifling the Royals on a total of one run in winning Games 1 and 5.

Home teams have won the last nine Game 7s in the World Series, and the Giants are 0-4 when the Series is pushed to a decisive game. Most recently, Barry Bonds and San Francisco lost Game 7 to the Angels in 2002.

THE ASSOCIATED PRESS

NHL. Leafs hold Sabres to 10 shots in shutout win

The Toronto Maple Leafs tied a franchise record for the fewest shots allowed in a game, and their offence eventually came to life in a 4-0 rout of the Buffalo Sabres on Tuesday night at Air Canada Centre.

The Sabres finished with just 10 shots, and Jonathan Bernier stopped all of them for his eighth career NHL shutout.

Asked if that was his easiest shutout, Bernier said, "Probably, yeah."

The Leafs allowed 10 shots just once before in franchise history, Jan. 5, 2002, against the Ottawa Senators.

THE CANADIAN PRESS



Jonathan Bernier salutes the Toronto crowd after Tuesday night's shutout win. THE CANADIAN PRESS

Mr. Hockey

Howe resting after 'serious stroke'

The Detroit News says hockey legend Gordie Howe suffered a "serious stroke" on Sunday.

Dr. Murray Howe, son of the 86-year-old Hall of Famer, told the Detroit newspaper that his father has lost some function on one side of his body and has difficulty speaking. The report says Mr. Hockey is resting at his daughter's home.

Howe played 25 seasons with the Detroit Red Wings, won four Stanley Cups, six Hart Trophies as the NHL's most valuable player and six Art Ross Trophies as the league's leading scorer.

THE ASSOCIATED PRESS

NBA opening night

Parker paces Spurs to opening night victory

Tony Parker scored 23 points, Manu Ginobili had 20 and the San Antonio Spurs opened their title defence with a thrilling 101-100 victory over the Dallas Mavericks on Tuesday night. THE ASSOCIATED PRESS

Davis puts up MVP-calibre numbers for NOLA

Anthony Davis had 26 points, 17 rebounds and nine blocks, and the New Orleans Pelicans opened the regular season with a 101-84 victory over the Orlando Magic on Tuesday night.

THE ASSOCIATED PRESS

Hoops popularity in Canada rippling out from T.O.



The Raptors open their season on Wednesday night when the Atlanta Hawks visit Air Canada Centre. Scan the image with your Metro News app for more news from around the NBA. CLAUS ANDERSEN/GETTY IMAGES

The familiar sounds of balls swishing through nets and high tops squeaking on the court filter out of HoopDome on a busy October night. The basketball facility at Downsview Park in Toronto is bustling with players all working on their game.

And it's a game that's booming in Canada.

"Within 10 years, the Raptors are going to be the most popular team," outgoing MLSE CEO Tim Leiweke told a group of students at Toronto's Ryerson University last month. "They will be more popular than the Leafs in Toronto. Promise you."

On the surface, it seemed it could be dismissed as hype — Canada lives and breathes hockey, after all — but if you

dig deeper, there is logic behind the Maple Leaf Sports and Entertainment president's prediction.

As the Raptors begin their 20th season Wednesday night against the Atlanta Hawks at Air Canada Centre, it's clear Canada's only NBA team is at the centre of a perfect storm.

At all levels, from amateur leagues to the NBA, the sport's popularity is growing in Canada, thanks to factors like a new wave of top-shelf Canadian talent.

Toronto-born 2013 and 2014 NBA No.1 draft picks, Anthony Bennett and Andrew Wiggins, have ushered in a new era. Canada has a record 12 players on NBA rosters this season, the

most of any country outside the U.S.

"A lot of (the popularity) is driven by the fact that this is the first generation of kids who've grown up with a team in the country," says Dan MacKenzie, vice-president and general manager of NBA Canada.

Canada's changing demographics is also helping fuel an influx of basketball fans.

MacKenzie said around 250,000 people immigrate to Canada every year from China and the Philippines, two countries where basketball is the No. 1 sport.

Sure, basketball in Canada is growing, but could it really eclipse the popularity of the good ol' hockey game?

At the amateur player level, hockey registration is sluggish. Around 235,900 players were registered in the 2012-2013 Ontario Hockey Federation season, just a slight increase from the last over 233,400 registered in 2008-2009.

Hockey came in as the second most expensive of 44 sports studied in the 2014 Canadian Youth Sports Report, with an annual average cost of \$1,666.

Mike Jonathan, a Raptors fan who shoots hoops in a men's league at HoopDome three to five nights a week, describes a different scene in his sport.

"All you need is a ball," he says. TORSTAR NEWS SERVICE

2014 Mercedes-Benz B 250

- **Type.** Five-door, front-wheel-drive hatchback/tall wagon
- **Engine.** 2.0-litre inline turbocharged four-cylinder (208 hp)
- **Transmission.** Seven-speed automatic
- **Price.** \$32,575 base, \$37,095 as tested

Market position

Entry-level model for Mercedes-Benz Canada, never available in the U.S., although the U.S. will soon get an EV version (no word on EV for Canada). Shares front-drive platform with CLA sedan. Sports Tourer is M-B's way of describing a vehicle that is much like a big hatchback, or a tall wagon with a rear liftgate.

Points

- 2-litre turbo produces 248 lb.-ft. of torque.
- Automatic is a 7-speed dual clutch, which can be shifted with steering wheel paddles.
- One of the few non-hybrid models with an automatic stop/start function, which is disabled in Sport mode.
- Only one trim line and no all-wheel-drive option.
- Built in Germany.
- Typical Mercedes interior.



The tall wagon offers ample cargo space and rear leg room.

Safety features

Eleven air bags, rain-sensing wipers, safety systems including collision-prevention assist, attention assist, and adaptive brake with hold function, ABS with brake assist, stability and traction control, tire-pressure loss warning, run-flat tires, weight-sensing airbag system, LED daytime headlights and Bi-Xenon headlamps.

Small tourer packs some punch

PHOTOS: MIKE GOETZ



Review. The Mercedes-Benz B 250 Sports Tourer straddles the hatchback/wagon style to good effect

MIKE
GOETZ
drive@metronews.ca

Mercedes-Benz has always treaded carefully in lower-priced vehicle classes. The profit numbers probably start to get wonky when you're determined to develop a premium model in a segment where consumers aren't prepared to pay premium prices. And there's always that luxury brand image to protect.

So we get vehicles like the Mercedes-Benz B 250 Sport Tourer, the company's current entry-level model, which is not heavily marketed and is a bit slippery to categorize.

The small, luxury people mover with a liftgate is ac-

tually shorter than a Honda Civic or Toyota Corolla, but seems larger in person, probably due to its prominent front grille and its big interior box, which offers an impressive 1,547 litres of cargo space when the rear seats are folded forward. That's almost as much as the VW Tiguan, and the VW crossover is about 25 cm longer.

There's lots of legroom in the rear seats, too, thanks to a huge cavity under the front seats that swallows your feet.

But the driver's seat is where you want to be, with a very tall-in-the-saddle feel and lots of German-engineered trim pieces and materials.

However, I'm not a fan of the console-mounted controller you must use to access almost everything on the non-touch information screen. The screen is no beauty, either, perched on top of the dash like an afterthought.

On the move, the B 250 is all Mercedes-Benz. I don't re-



The driver's seat is where you want to be, with a very tall-in-the-saddle feel. But the location and controller for the information screen are disappointing.

member anything this short having such a big, comfortable ride. It virtually glides over bumps and potholes.

There are also 11 airbags and a few active safety technologies, such as collision-prevention assist (predicts collisions and prepares the braking system), attention-assist (senses drowsy-driver behaviour and advises you to take a rest when neces-

sary), and adaptive brake hold (keeps the vehicle from rolling backwards when stopped).

The B 250 has a 2.0-litre turbocharged inline four, with 208 horses and 248 lb.-ft. of torque, hooked to a seven-speed dual clutch automatic transmission. To get those torque numbers, a big turbo is on-board, but big turbos come with more

Compare



1 BMW X1
Base price: \$39,085
Sporty, at some expense to ride comfort. All-wheel-drive and 300-hp turbo six options.



2 Audi Q3
Base price: \$37,895
Based on VW Tiguan. All-wheel drive available, but no diesel. Beautiful interior.



3 Lexus CT 200h
Base price: \$32,995
High on fuel efficiency, low on refinement and luxury.

turbo lag, which is quite noticeable.

The B 250 also has a selectable Eco mode, which, among other fuel-saving initiatives, enacts an automatic stop/start feature for the engine, like we see on gas-electric hybrids.

Turbo lag, combined with stop/start, does not make for a good launch feel. But since both features contribute to fuel savings, getting used to the quirky launch could be worth your while.

So there are a few quibbles with the B 250, but its major attributes — Mercedes-Benz swag and safety, beautiful ride, space efficiency, and premium at-the-wheel feel — easily had me in its corner by the end of our week together.

5 DRIVE



The Smart Electric uses a 55-kW motor that makes 75 hp, and out-accelerates some sports cars. CONTRIBUTED

Electric cars are quick off mark, but not for long

We've still got a few bugs to work out :)

2014 Clearance Sale is on now.

Discounts up to **\$5000** on remaining 2014 new models & only at Steele VW.



WE'VE GOT YOUR
VW!

696 Windmill Road
Dartmouth, Nova Scotia
Local Phone: 902.468.6411
TollFree: 1 888 785.2989
www.steelevw.ca

Steele
VOLKSWAGEN

Applies to new 2014 models. Limited selection. Visit Steele VW in Dartmouth today for best selection.

Driving Force. Today's electric cars offer instant torque and are faster than gas models — over the first few metres

JIL
MCINTOSH
drive@metronews.ca

Although some people still associate electric cars with slow-moving golf carts, nothing could be further from the truth.

The battery-powered cars available today all have quick acceleration that's often faster than that of a gasoline car, for a short period at least, thanks to the inherent nature of electric motors.

"You get immediate torque, which allows you to have immediate acceleration," says Jay Owen, director of Smart Canada, which sells an all-electric version of its two-seater Smart ForTwo.

"The gasoline car will catch up, but it has to cycle through a variety of gears."

Even the fastest gasoline cars have a slight delay after you've pressed the accelerator pedal, because it takes a split second for the pistons to start moving faster to rev up the engine. The transmission then has to shift through several gears to get up to top speed.

But the electric motor produces its maximum power immediately, and sends that power to the wheels through a single-speed transmission that doesn't need to shift.

Just as with a gasoline car, the electric power isn't infinite, and there comes a point where the car won't go any faster.

The Smart Electric Drive uses a 55-kW motor that makes 75 horsepower, and it can match or out-accelerate some sports cars in the first five metres. Of course, it drops behind them after

Fast facts

- Electric cars at the turn of the 20th century couldn't go very far, but they were popular because they started easily, while gasoline cars had to be cranked. When Cadillac introduced a gas-engine self-starter in 1912, electric cars were doomed.
- Electric vehicles use regenerative braking, which converts the kinetic energy of braking and stores it in the battery to increase the car's range.
- Battery technology is still the electric car's weak point, and researchers are working on lighter batteries that can store even more power.

that.

As with gasoline cars, some electric vehicles are more powerful than others; it depends on the size of the electric motor.

Cars with larger electric motors will accelerate faster and also reach a higher top speed.

"The size of the electric motor determines the car's power, not the size of the battery," Owen says. "The battery determines the car's range."

Drivers naturally want to drive as far as possible before they have to recharge. A bigger battery gives more range but, ironically, its extra weight will cut into the range it provides, since it takes more energy to move a heavier vehicle.

It will also cost more, and automakers have to balance the battery's range against its cost to be sure the car doesn't become so expensive that people won't buy it.

Available in most
new Ford vehicles
with 6-month
pre-paid subscription

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Desperate to lose weight, BMW will try a diet of aluminum

BMW's flagship 7 Series luxury sedan is in for an accelerated weight-loss program, using lessons learned from the development of its i3 electric car and i8 plug-in hybrid sports car. British magazine Autocar says the use of aluminum, magnesium, high-strength steel and carbon-fibre-reinforced plastics could cut the limo's weight by as much as 200 kilograms, bringing a model like the 740i down to just over 1,600 kilograms, or less than the smaller 535i sedan. That echoes the work done at Jaguar, whose aluminum-formed XJ luxury sedan is lighter than the smaller XF model in some variants, notes Green Car Reports. Other automakers are also using more aluminum to reduce weight in their larger vehicles.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM



Automakers are switching to aluminum and other materials such as carbon fibre to improve fuel efficiency.

Smart goes back to school

Completely redesigned for the 2016 model year, Mercedes-Benz's Smart Fortwo is more clever and efficient, with a broader world view that should boost its popularity. Built on a new platform co-developed with French automaker Renault, the Fortwo retains its rear engine, rear-wheel-drive layout, looking less toy-like on the outside. The inside is completely different, with a rounded instrument panel, new centre console, a five-cm wider body and more interior space. More power comes from a turbocharged three-cylinder gasoline engine. Perhaps more critically, there's a new, better-shifting six-speed paddle-shift automatic transmission.



Built on a new platform co-developed with Renault, the new Fortwo looks less toy-like on the outside and is bigger on the inside.

Shift points

- Is General Motors' long-rumoured 320-km EV about to break cover? Automotive News quotes sources within GM as saying Chevrolet's subcompact Spark runabout would be that car, and that it will bow sometime in 2017.
- Fuel-saving stop/start technology is in only about 7 per cent of vehicles sold in North America, says industry analyst HIS Automotive. But by 2020, more than half of all new cars in the U.S. will offer it.
- Volkswagen showed off a GTE plug-in hybrid version of its Passat that boasts 1.7 L/100 km at the Paris auto show. The car will cover 1,000 kilometres on a full tank.

[illegible]

2015 CHEVROLET MALIBU

MALIBU LS STARTING FROM

\$19,995* FREIGHT AND AIR TAX INCLUDED.

STANDARD FULLY EQUIPPED:

- ONSTAR® 4G LTE WIFI**
- FUEL SAVING START STOP TECHNOLOGY
- AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- 10 STANDARD AIRBAGS
- BLUETOOTH

CHEVROLET
SIGN & DRIVE
LEASE

\$0 DOWN PAYMENT
\$0 1ST MONTH'S PAYMENT¹
\$0 SECURITY DEPOSIT
\$0 DUE AT DELIVERY

OR STEP-UP TO THE MALIBU LT
SIGN & DRIVE LEASE FOR **\$148** AT **0.5%** FOR **48** MONTHS*
WITH \$0 DOWN PAYMENT. \$0 SECURITY DEPOSIT. INCLUDES FREIGHT.

ALL 2015s COME WITH CHEVROLET COMPLETE CARE:

2 YEARS/40,000 KM COMPLIMENTARY OIL CHANGES^{††} / **5** YEARS/160,000 KM POWERTRAIN WARRANTY[‡] / **5** YEARS/160,000 KM ROADSIDE ASSISTANCE[▲]

FIND NEW ROADS™ / **atlanticchevrolet.ca**

CHEVROLET



KEEPING "ARE WE THERE YET" TO A MINIMUM

SEARCH

**YOUR SEARCH IS OVER:
THE 2015 CHEVROLET MALIBU**

WITH ONSTAR 4G LTE WIFI.

Real life doesn't have an option to turn down the volume, but this might be the next best thing. With standard On Star 4G LTE WiFi and support for up to 7 devices, its state of the art design isn't the only reason road trips in the Malibu are exceptionally quiet.

CHEVROLET



Student Bonus

Save up to \$750 on
an eligible new
GM Vehicle! ■■




COMMUNITY EVENT

12TH ANNUAL

NORTH END DANCE

Featuring
THE FOSSILS
WITH PAUL EISAN & FRIENDS

SATURDAY, NOVEMBER 1
HALIFAX FORUM MULTI-PURPOSE CENTRE
9 PM - 1 AM • DOORS OPEN AT 8:30 PM
PROCEEDS TO BENEFIT WARD 5 NEIGHBORHOOD CENTRE



TICKETS \$15.00 IN ADVANCE
OR \$20.00 AT THE DOOR
AVAILABLE NOW AT THE FORUM BOX
OFFICE, WARD 5 NEIGHBOURHOOD
CENTRE, TEL. 902-454-0018, OR
TEL. JANICE 902-455-7155

HOME HEATING

Heat Pumps from \$33/month




Heat Pump Guys

902-444-7870

Halifax | Dartmouth | Sackville | HRM

RELIGIOUS



Good News Chapel

Casual coffee house atmosphere with worship, sharing & Bible message

Wednesdays 7pm

Souls Harbour Rescue Mission
5568 Cunard Street
**COME AS YOU ARE
ALL ARE WELCOME**

MOVERS

ABLE MOVERS

- Free In Home Quote
- Insured Professional Service

**Call today for your
free estimate!
471-9733**

APPLIANCES

Bedford

BUY & SELL

Electrolux & Frigidaire
New: Scratch & Dent
Save hundreds off
Manufacturer's
Suggested Retail (MSRP)

Refurbished
★ FRIDGES
★ STOVES
★ WASHERS
★ DRYERS
★ FREEZERS

YOUR OLD APPLIANCE HAS TRADE IN VALUE!

1743 Bedford Highway, 8:30-5:30 M-F / Sat 10-4
Bedford (Across from Arby's) **835-1600**
www.bedfordbuysell.ca

AUTOMOTIVE

AUTO LOANS

- ✓ No Credit?
- ✓ Divorce?
- ✓ Bankruptcy?
- ✓ Repossession?

We can Help!

**Bank says NO
We say YES**

**CALL
902-499-9797
Dartmouth, N.S.**

www.dalechaissonauto.com

MASSAGE THERAPY

John Panter,
Certified Rolfer™



Are you
**tired of
chronic
pain...?**

902 425 2612 • fareast@auracom.com

EXPRESS MOVING

17ft Truck & 2 Movers
\$70/hr

No Gas Surcharge, No Km Charge, No Hidden Fees
Local & Long Distance
expressmoving11@gmail.com

483-2898

APARTMENTS

ONE YEAR FREE INTERNET, TV & TELEPHONE INCLUDED! NO SECURITY DEPOSIT FOR SENIORS. SMALL PET FRIENDLY.



NOW LEASING

- Elegant Granite Countertops •
- Stainless Steel Appliances •
- Heat & Hot Water Included •
- Underground Parking • Gym •
- A/C Standard • Media Room •

 300 Innovation Dr. | West Bedford | Skyvistas.ca
902-414-3759 or 902-830-9000

visit metronews.ca



LEGAL NOTICE

County of Halifax SMALL CLAIMS COURT OF NOVA SCOTIA SCCH396273

BETWEEN: **BLOOM GREENHOUSE AND GARDEN CENTRE LTD.** CLAIMANT
- and -
DAN CALDA, CARRYING ON BUSINESS AS SEABRIGHT GREENHOUSES DEFENDANT

NOTICE OF PUBLIC AUCTION

WHEREAS a judgment in favour of the Claimant against the Defendant dated the 17th day of July, 2012, was recorded at the Land Registration Office for the County of Halifax, Province of Nova Scotia, on the 24th day of August 2012, as Document No. 101403633;

TO BE SOLD AT PUBLIC AUCTION pursuant to the provisions of the *Sale of Land Under Execution Act* and an execution order issued by the Small Claims Court of Nova Scotia on the aforesaid judgment, unless before the time of sale the amount due to the plaintiff on the judgment, plus costs attendant on the sale (including legal fees and disbursements) are paid:

PROPERTY: ALL that certain parcel of land known as Lot 3B, Craigmere Drive, Halifax, Halifax County, Nova Scotia, also described as PID 40179202, and more fully described in Deed recorded at the Land Registry Office for Halifax County as Document No. 14658 in Book 6040 at Page 739. This parcel has not been registered pursuant to the *Land Registration Act*

A copy of the description of the property is on file at this office and may be inspected during business hours.

DATE OF SALE: Friday, November 7, 2014
TIME OF SALE: 12:00 o'clock noon local time
PLACE OF SALE: Sheriff's Office at The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia B3J 1S7
TERMS: 10% deposit at the time of sale (payable by cash, certified cheque, or solicitor's trust cheque), remainder within 20 days upon delivery of deed.

Dated at Halifax, Nova Scotia, this ____ day of September, 2014.

DANIEL L. OULTON
Burchell MacDougall
29 Elm Avenue
Wolfville, NS B4P 2A1
Phone: 902-542-4071
Facsimile: 902-542-5474
Solicitor for the Claimant

Sheriff in and for the County of Halifax

EMPLOYMENT

Immediate Start!

Due to New National Client in Halifax, we have Great Marketing and Sales Opportunities
No Experience Needed

FULL TRAINING PROVIDED

1-866-273-3426




Bachelor & 1 Bedroom Apartments from \$725/Month

Includes heat & hot water, near Universities

OCCUPANCY NOW | ONE MONTH FREE RENT

1104 Tower Rd. • 902-817-1104 • 902-817-1100
towerarmsapts@bellaliant.com

South End Halifax



THE ABIGAIL

New apartments, awesome views. 902 402 2591
Sat. Open House 11-5pm 56 Jacob Lane, Bedford

free
TV•Internet•Tel
Some conditions apply.
theabigailapartments.ca

WOW!

**\$1000
MOVE IN
INCENTIVE!***

Newly renovated 1, 2 & 3 BR units
Starting at just \$615
Clean and spacious apartments.

Located on Rolieka Dr & Churchill Court,
in Dartmouth. Walking distance to shopping,
dining and banking. Short drive to Mic Mac Mall
& Dartmouth Crossing. On Bus Routes #10 & #54

Call today 902-830-1296
pinegreenpark@hotmail.ca

*To new qualified tenants

**For those
without a
Metro, the
forecast
calls for
"I dunno"
with a
slight
chance of
"Huhhh?"**

metro



SPRING GARDEN APTS
5770 Spring Garden Rd.
*Steps to Public Gardens & all
the shops on Spring Garden Rd.*
Bachelor, 1 BR, 2BR Suite

- Newly Renovated Suites
- Indoor Pool, Sauna & Fitness Facility
- 24/7 On-site Staff
- Pet Friendly (Cats & Dogs)
- 24/7 Laundry Facilities
- Underground Parking & On-site Storage
- **Military & Capital Health Employee Discounts Available**

**15%
Seniors
Discount**

1-888-472-1299 springgarden@realstar.ca



CUNARD COURT
2065 Brunswick Street
*A short walking distance to
everywhere in downtown Halifax.*
1BR, 2 BR

- Downtown Living at a Great Price
- Above & Underground Parking Available
- 5 Appliances
- In-suite Laundry
- Cat Friendly
- **Senior, Military & Capital Health Employee Discounts Available**
- New Blinds
- 24/7 On-site Staff
- Fob Access

1-888-649-3721 cunard@realstar.ca



STONECREST VILLAGE
80 Chipstone Close
*Park-like setting close to
Bayer's Lake Park*
**1 BR, 2BR, 2BR Lge, 3BR & 3BR
+ Den (No Security Deposit on Select Suites)**

- Cat & Dog Friendly on Select Floors
- 5 Appliances**
- Private Balcony
- In-suite Storage
- 24/7 Deluxe Laundry
- Underground Parking
- **Military & Capital Health Employee Discounts Available**
- Community Room
- In-Suite Laundry**
- 24/7 On-site Staff
- New Blinds

**15%
Seniors
Discount**

1-902-701-0021 stonecrestvillage@realstar.ca



BEDFORD HEIGHTS
22-40 Bedros Lane
Overlooking Bedford Basin
**1 BR + Den, 2BR, 2BR Large,
3BR**

- Modern Suites with Spacious Balconies
- 6 Appliances
- In-Suite Laundry
- 2 Full Baths
- Cat Friendly
- 24/7 On-site Staff
- 24/7 Exercise Room
- Fob Access

1-888-698-1430 bedfordheights@realstar.ca

**Available in Selected Suites.

Follow us



For more information visit: **www.realstar.ca**



www.metcap.com

902-402-4161

or 902-401-1835

Managing Over 4000
Apartments in the Maritimes

KENTVILLE

190 Oakdene Ave.
**Bach \$599, 2BR \$679,
3BR \$729**
Heat, Hot Water & Parking incl.
ONE MONTH FREE
Call 902-691-3000

WINDSOR

490 Wiley
**Bach \$579, 1BR \$619,
2BR \$709**
Heat, Hot Water, Pking incl.
Cat Friendly
Call 902-791-0232

SYDNEY

39, 43, 45 Jefferson
1BR \$629, 2BR \$729
Heat, Hot Water & Parking incl.
Call 902-537-0299

GLACE BAY

65-73 Dominion
1BR \$579, 2BR \$659
Call 902-537-1190

DARTMOUTH

117 Albro Lake Rd.
2BR \$649
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-401-2735

141 Albro Lake Rd.
3BR \$859
Call 902-789-9932

4 Alfred
1BR \$629
Heat, Hot Water, Parking incl.
Cat Friendly
Call 902-402-0621

3 Autumn Dr.
1BR \$559, 2BR \$669
Heat & Hot Water incl.
Call 902-401-1835

40 Brule St.
1BR \$529, 2BR \$599
Call 902-402-4198

67 Caledonia
1BR \$589, 2BR \$719
Heat & Parking incl.
Call 902-402-0481

1-10 Crystal
1BR \$619, 2BR \$749
Call 902-401-2735

4 Crystal Dr.
2BR \$699
Heat & Hot Water incl.
Call 902-402-4198

1 & 3 Farlington Place
1BR \$639
Heat & Hot Water incl.
Call 902-789-9981

77 Farrell St.
1BR \$619
All Utilities incl..
Call 902-401-2735

2 & 4 Franklyn Crt.
1BR \$659, 2BR \$799
Call 902-401-2735

6-14 Galaxy
2BR \$719
Heat, Hot Water, Parking incl.
Call 902-402-1518

211-221 Glenforest
2BR \$859
Call 902-830-2149

11 Glenview Dr.
2BR \$769
Heat & Hot Water incl.
Call 902-830-2158

31 & 35 Highfield Park Dr.
11 Joseph Young Dr.
1BR \$609, 2BR \$679
Utilities Extra, 1 Parking incl.
Call 902-402-6287

7 Jackson Rd.
1BR \$549
All utilities incl.
ONE MONTH FREE
Call 902-401-5715

14 Jackson
ONE MONTH FREE
1BR \$569
Heat & Hot Water incl.
Call 902-440-3884

7-11 Kennedy Dr.
**1BR \$599, 2BR \$669,
3BR \$729**
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-401-8312

15 Kennedy Dr.
ONE MONTH FREE
**1BR \$579, 2BR \$599,
3BR \$729**
Call 902-401-8312

79 & 81 Lakecrest Dr.
**1BR \$599, 2BR \$669,
3BR \$719**
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-402-1518

15/25/35 Leaman
1BR \$659, 2BR \$764
Heat & Hot Water incl.
Call 902-789-9963

15 Middle St.
1BR \$634, 2BR \$739
Call 902-789-9982

6-16 Nivens
**1BR \$634,
2BR \$769**
All Utilities incl.
Call 902-401-2735

85-133 Pinecrest Dr.
3BR \$779
ONE MONTH FREE
Heat & Hot Water incl.
Call 902-402-4198

123 Pinecrest
Bach \$529, 1BR \$629
Heat, Hot Water, Parking incl.
Cat Friendly
Call 902-402-4198

19-32 Primrose
1BR \$549, 2BR \$659
Heat & Hot Water incl.
Call 902-402-4198

36-36A, 60, 65 & 81 Primrose
**Bach \$559, 1BR \$619,
2BR \$719**
Heat & Hot Water incl.
Call 902-401-2735

28, 30 & 44 Primrose
2BR \$659
Heat & Parking incl.
Call 902-402-4198

384.5 Portland
1BR \$649, 2BR \$679
Call 902-402-1518

237 Roleika Dr.
2BR \$689
Heat, Hot Water, Parking incl.
Cat Friendly
Call 902-402-4161

24 Roleika Dr.
1BR \$649
All Utilities incl.
Call 902-402-4161

12 Trinity Ave.
1BR \$589
Heat & Hot Water incl.
Call 902-402-0621

356 Windmill
1BR \$669
All Utilities incl.
Call 902-830-0474

HALIFAX

1 & 11 Drysdale Rd.
**1BR \$579, 2BR \$707,
3BR \$739**
Heat & Hot Water included
Call 902-830-1038

451-540 Herring Cove Rd.
**1BR \$579, 2BR \$649,
3BR \$739**
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-401-1835

5 Forbes St.
1BR \$599, 2BR \$669
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-401-1835

22-40 River Rd.
1BR \$579
Heat & Hot Water included
Call 902-830-1038

550 & 611 Herring Cove
**1BR starting at \$579,
2BR \$649, 3BR \$719**
Heat, Hot Water, Pking incl.
Cat Friendly
Call 902-401-1835

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

No matter how fast you work today you won't be able to get on top of your schedule, so just tackle what needs to be done at your own speed and don't worry about the timing.

♉ Taurus

April 21 - May 21

Don't get so absorbed in a work or social issue that you miss the signals a loved one is sending you. Mundane matters can wait — relationships cannot.

♊ Gemini

May 22 - June 21

It may sadden you that a loved one feels unhappy with what you're doing. But, the more you try to convince them it's OK, the more anti they are likely to get.

♋ Cancer

June 22 - July 23

According to the planets you want to do one thing but your subconscious mind says you should be doing something else. What matters is that you do something — right now.

♌ Leo

July 24 - Aug. 23

Don't get uptight if things don't go the way you want them to. The best way to deal with challenges is to place yourself in a situation where you are forced to find a solution.

♍ Virgo

Aug. 24 - Sept. 23

The longer you spend thinking about what course of action to take next, the less likely it is you will do anything. Focus on whatever idea comes first.

♎ Libra

Sept. 24 - Oct. 23

You will be so sensitive to others' moods today that you may prefer to be by yourself for a while. That's perfectly fine.

♏ Scorpio

Oct. 24 - Nov. 22

Whatever challenges you have to deal with today, try not to attach much importance to them. What matters is that you save your energy for the more serious issues which lie ahead.

♐ Sagittarius

Nov. 23 - Dec. 21

Certain people seem determined to find fault with your performance. Now that you know that, you can take steps to make sure your performance is excellent.

♑ Capricorn

Dec. 22 - Jan. 20

Others will rush this way and that way today, trying to get on top of things but you will take it all in stride. Just make sure you don't get so laidback that you neglect certain responsibilities.

♒ Aquarius

Jan. 21 - Feb. 19

Try not to be so driven in your pursuit of success. Be ambitious by all means but don't lose your sense of perspective. You know there are more important things than fame and fortune.

♓ Pisces

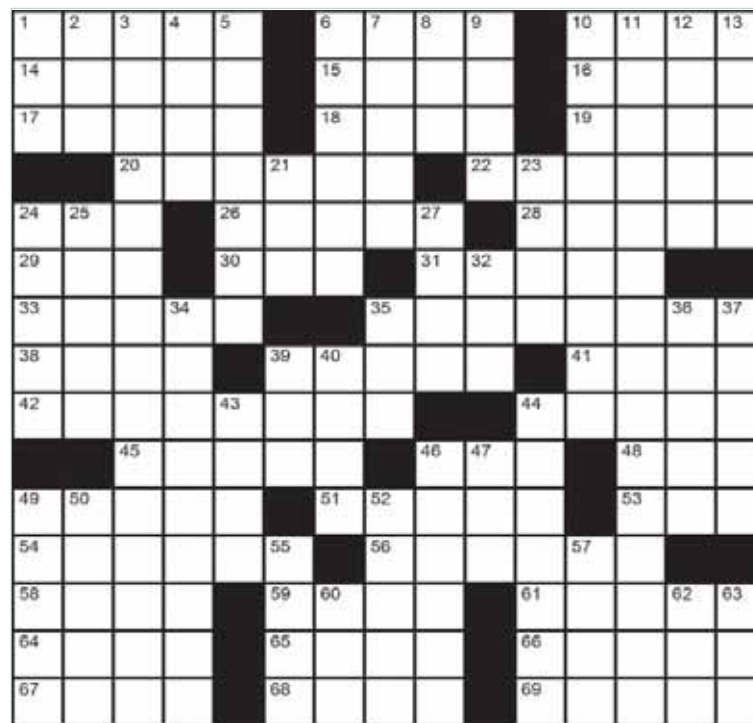
Feb. 20 - March 20

If your instincts tell you not to ask too many questions then you will have no one but yourself to blame if you hear something you don't much like.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Patron's passage
6. Pre-DVD machines
10. Tartaned one
14. Like a no-victor-yet match
15. American restaurant chain
16. Eugene O'Neill's daughter
17. Bread-making verb
18. "The Green Hornet" character
19. Tussle tresses
20. Causes fury
22. "...a will, ___ a way."
24. Crooner Mr. Boone
26. Lizard type
28. Be indebted: 2 wds.
29. "La Isla Bonita" line: "Te dijo te ___."
30. Kris, to Kourtney
31. Incan site, ___ Picchu
33. Lee-Enfield, for one
35. High quantity of omega-3 in which North Atlantic fish?
38. Greek war goddess
39. Oil: French
41. Alphabet sequence
42. Ding-donger
44. Q. "Is '___' abbreviation for Tuesday's follower?"
- A. "Yes."
45. Ontario rural community



46. Office neckwear
48. Long ago time
49. Screen legend
- Greta
51. Norwegian ...in Norwegian
53. Hit the slopes
54. "I'm fine with that." = "___"
56. Spectacular

58. Whirring sound
59. Type size
61. Reality series for Lisa Vanderpump, to fans
64. 'Buck' suffix
65. Tehran's land
66. Muhammad Ali's daughter
67. Dish soap brand
68. Brand name

- breath mint
69. Salts sort
- Down**
1. Diving bird
2. Holiday's follower
3. July Black hit featuring Demarco: 4 wds.
4. Temporarily give money
5. Final stage

6. Dragons new to CBC's "Dragons' Den": Restaurateur, ___ Vij ...and #44-Down...
7. BC: ___ Provincial Park
8. Decay
9. Predicament
10. "West Side Story" (1961) song
11. Canadian History:

- Canoe-travelling fur traders of the woods in New France: 3 mots
12. Commencement
13. 1817 poem by #34-Down, The Lament of ___
21. Bigheadedness
23. Pig part
24. Peeled
25. ___ acid
27. George Clooney's new wife
32. Hotshot
34. Romantic poet from England (b.1788 -d.1824): 2 wds.
35. Rich dollar amt.
36. Canadian showbiz news show
37. Monday: French
39. HRH part
40. ___ Bator, Mongolia
43. Explosive sound!
44. As per #6-Down... Financier, Michael ___
46. Absent without permission
47. AOL, e.g.
49. Spoil: 2 wds.
50. Director Mr. Kurosawa
52. Grouch on "Sesame Street"
55. Legendary
57. George Gershwin's 'Blue' musical work, briefly
60. 'Ump' suffix
62. Gumball brand, Rain-___
63. Camera-loving actor

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

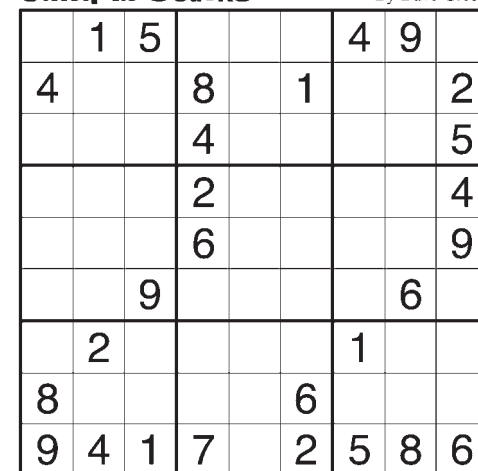
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Conceptis Sudoku

By Dave Green



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

GOT LUNCH PLANS?

Our new MIX flavours are popping up!

Now Open: A Taste of India, A&W, Booster Juice, Kebab Kitchen, Mama Gratti's, McDonald's, Starbucks, Subway, and Tim Hortons.

SCOTIA SQUARE
DOWNTOWN HALIFAX
Look for new arrivals at:
ScotiaSquare.com/TheMix
Twitter: [ScotiaSquare](https://twitter.com/ScotiaSquare)



ONLY AT O'REGAN'S DARTMOUTH HYUNDAI

Roll up for Rims

**BELOW
ZERO**
EVENT

UP TO **0%** FINANCE FOR **84** MONTHS + **5% CASH BACK**

Get up to 5% in cash back on select models. Cash back applied to future purchase only. YOU DO THE MATH!



ROLL UP TO O'REGAN'S TO
RECEIVE FREE WINTER RIMS
ON EVERY PURCHASE

**2014
ELANTRA**

INCLUDES WINTER TIRES AND
FREE WINTER RIMS

\$39 PER WEEK **\$0** DOWN + **\$2500** SAVE

UPGRADE TO A GL AUTOMATIC FOR \$7/WEEKLY
MORE TO WITH \$0 DOWN!



2014 Elantra
"Highest Ranked Compact Car
in Initial Quality in the U.S.™"

*Winter rims are free with the purchase of any new, in-stock 2014/2015 Elantra. Winter tires are included in the payment. Freight, taxes and fees not included. Vehicles not exactly as shown. Offer ends October 31st, 2014. See O'Regan's Dartmouth Hyundai for details.



 **CANADA'S
BEST
MANAGED
COMPANIES**
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

**60 BAKER DRIVE, UNIT - D
465-7500
oreganshyunda Dartmouth.com**